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# The Holy Tabernacle Ministries Guide To Better Living

## Purity And Neatness And Maintenance Of Health

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Study Book 20: Supreme Mathematics Class T  
For The Students Of The Holy Tabernacle

Scroll #18







The Reformer



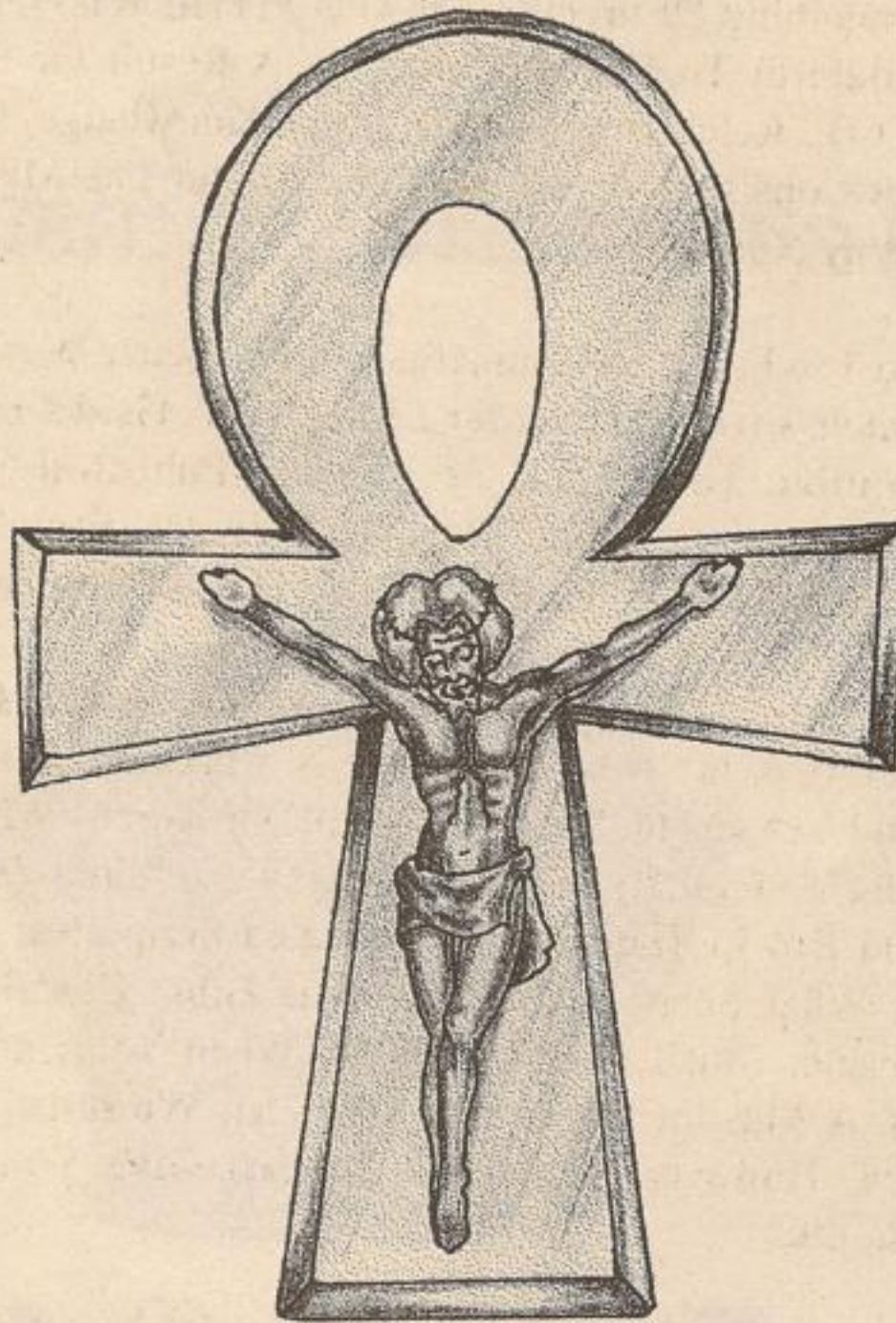
Coming Forth  
To You From  
The Holy  
Tabernacle Ministries



For The Re-Birth  
Of The Elite Few  
The 144,000



**THE HOLY TABERNACLE'S GUIDE FOR  
BETTER LIVING PURITY AND NEATNESS  
AND MAINTENANCE OF HEALTH**



**SYMBOL OF THE LIVING MESSIAH**

**Authored By:**

**Dr. Malachi Z. York**

**For The Holy Tabernacle Ministries Of The World**



***The Holy Tabernacle's Guide For Better Living***  
***Purity And Neatness And Maintenance Of Health***

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**Introduction**

For Years **The Holy Tabernacle Ministries** (Formerly Known As The **Nubian Islaamic Hebrews, Ansaaru Allah Community**) Has Been Saturating The Public With Indisputable Facts. Facts About The Science And Origin Of The Creation Of The Universe, Prehistoric Man And Animals And How They Roamed And Became Tribes And Families; Facts About The Reconstruction And Procreation Of The Planet Earth; Facts About The Original Tablets Which Revealed Stories Of The Agreeable And Disagreeable **Eloheem** And The Many Times They Visited Your Planet, The Oncoming Destruction Of This Planet, Who God Is And Who God Is Not, Ceremonies From Childbirth To Funeral, Etc. As A Result Of Revealing These Facts, Which I, **Dr. Malachi Z. York**, Refer To As Kindergarten Knowledge, I Then Embarked Upon A Series Of Pamphlets That Consisted Of What I Refer To As The Missing Links Or Simply, The "**How's, Why's And Why Not's!**".

Now I Am Bringing To You The Facts And Guidelines For A Better Way Of Living. This Scroll Entitled "**The Holy Tabernacle's Guide To Better Living**" Is A Guideline For More Wholesome Living According To **Nuwaubu**. There Have Been Books Published Before With Guidelines And Regulations On Self-Purification, Health, Raising Children, Discipline, Organization, Etc., But Those Books Are Just Someone's Opinions And They Do Not Contain Facts.

You've Often Heard The Phrase, "**Cleanliness Is Next To Godliness!**". However, In The Western World, Real Cleanliness Is Overlooked. Ask A Christian, Jew, Or Muslim To Show You In Their Scriptures (Old Testament, New Testament, Or Koran) Where Their Laws Are On Cleanliness; Laws Pertaining To Oral Hygiene, Raising The Children, Etc. Not Their Traditions Such As Hadith Or Talmud But In Their Actual Revealed Scriptures, Where Their God Tells Them How To Wash, Or What Soap To Use Etc. The Bible Contains The Foundation For Cleanliness, But The Intricacies (Such As What To Do When You Bathe, What To Use, Etc.), Are Not In The Scriptures. A Muslim Might Tell You That **Wuduww'u** (وضوء) Or **Ablution** Is Mentioned In ***Qur'aan 5:6***, However This Quote Doesn't Give You The Exact Process Of Purification, How To Wash, Etc.

The Muslim's Methods Of Purification Vary Slightly From The Hebrew's Way In The Torah (Old Testament). Their Methods Are Found In The Article Of The Mishna Entitled "**Yadaim**" Which Is Their Hadiyth. ***Qur'aan 5:6*** Is Slightly Equivalent To The Quote In The Scroll Of ***Exodus 40:31-32*** Where It States And I Quote: "***And Moses And Aaron And His Sons Washed Their Hands And Their Feet There At: When They Went Into The Tent Of The Congregation, And When They Came Near Unto The Altar, They Washed; As The Lord Commanded Moses.*** In The Scroll Of Leviticus, There Are No Laws, Pertaining To The Intricacies Of Hygiene For Women, Men, Or Children. There Are, However, Laws Pertaining To Foods That Should Not Be Eaten. You, Nubians In America Are Confused As To What Is Proper And Correct. I, **Dr. Malachi Z. York**, The Reformer Of This Day And Time, Have Come To Give You **Right Knowledge**, And To Clear Up The Confusion (***Refer To Thought Nubian Tape, "Relaxing With The Etherians"***). There Are A Lot Of Things That Are Not Spoken Of In The Old Testament, New Testament, Or The Koran, And It Should. They Should



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Speak About How A Woman And Man Can Clean Themselves From The Inside Out, What Types Of Products To Use, When Cleaning Your Body, What Oils You Use To Keep Your Bodies Fresh. However It Is Not Found, Which Is Why I Am Writing This Scroll Entitled "*The Holy Tabernacle's Guide To Better Living*", To Give You A Complete Guidance On How To Purify Yourselves Daily.

This Is Not A Racial Statement, However, If You Go Back And Check The Medieval Times, Many Of The Plagues Of Europe Were Due To Filth, For Example In **1348 A.D.** The Bubonic Plague (The "Black Death") Struck, Europe's Population, Which Had Been Growing Steadily Since **1000 A.D.**, Was Decimated And Did Not Again Reach The Level Attained In **1348 A.D.** Until After **1500 A.D.** **Bubonic Plague** Is An Acute Infection In Humans And Various Species Of Rodents, Caused By **Yersinia Pestis** (Formerly Called **Pasteurella Pestis**), A Bacterium Transmitted By Fleas That Have Fed On Infected Rodents. The Caucasians, In The So-Called Great Periods Of American And European History Were Notoriously Filthy; They Did Not Believe In Hygiene Of Any Kind. They Rarely Bathed, And They Lived With Human And Animal Fecal Matter All Around Them. The Nearby Rivers Were Filthy, And Their Clothing Was Infested With **Vermin** (Lice Etc.). Many Died Young Of Diseases Because Of This, Or They Spread Their Filth And Disease To Other Native Peoples Like The Native Americans, Who The Caucasians Considered "**Primitive**". They Intentionally Spreaded Small Pox To Kill The **Native Americans**. The Native Americans Were Very Hygienic. They Used Sweat Baths For Mental And Physical Relaxation And Medicinal Treatment. When The Native Americans Encountered These Filthy People, They Didn't Have A Natural Resistance To Their Diseases Thus, Hundreds Of Thousands Of Them Were Killed By Them. Today, This Is Called **Genocide**.

Every Group Of People That He Has Touched On The Planet Earth, He Has Affected Or Should I Say, Infected And Destroyed. If You Do Some Research, You Will Find That No One Is Exempt. The Eskimos Who Migrated Across The Bering Strait Into Greenland, North America, Around The Bering Sea Area. They Also Scattered Into Many Other Lands. "Eskimo" Finds Its Origin In A Native American Word Which Means "Eaters Of Raw Meat". Many Of Them Prefer To Be Called "**Inuit**" Which Means "*The People*" Or "*The Real People*", Just As Many Native Americans Prefer Being Called Native Americans Instead Of Indians Which Is A Name Given To Them By The Same Europeans That Was Killing Them Off. They Had Developed Their Own Culture And Way Of Life, Living Quite Content Without Outsiders. As The Story Goes, They Were In Greenland, Alaska, Etc. Minding Their Business, When One Day These Savage Beast People, Discovered Their Wealth. Needless To Say, These Europeans Brought Diseases To Which The Inuits Had No Immunity. Thus, Many Of Them Died. You Can Find This Same Story In Every Culture Of How This Diseased Man Who Look Like Something They've Never Seen Before, Came Into Their Land And Lives And Destroyed It. Look At The History Of The Aborigines, Africans, Hondurans, And Any Other People You Can Think Of. Just Do Your Homework.

As I Previously Mentioned, The Scriptures Contain The Foundation For Cleanliness, The Ancients Passed On To You Information By Way Of Their Example. The Ancient Egyptians (Originally Called **Kemites**) Reached A High Degree Of Perfection When Involving Their Personal Hygiene And Cleanliness. They Were Very Particular About Washing And Had Bathrooms, Bathtubs, And Commodes In Their Homes. They Used Body Ointments, Skin

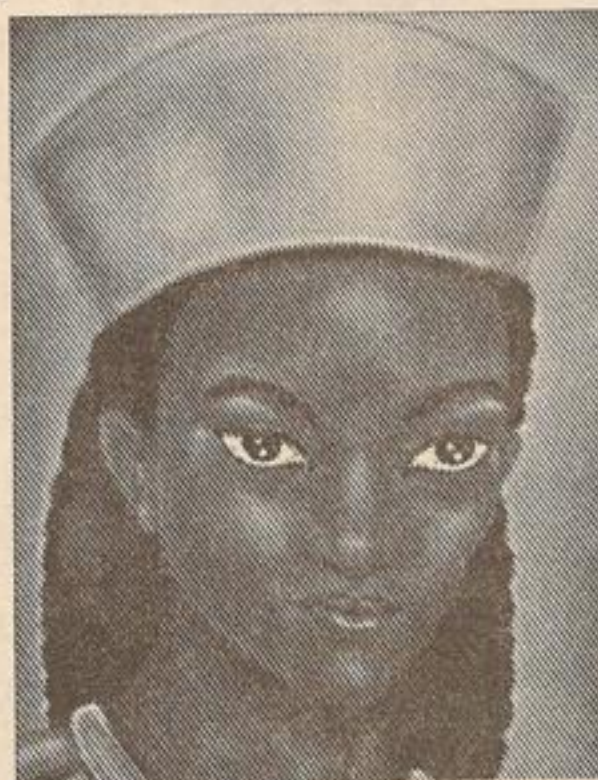


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Conditioners, Deodorants And Fresh Linens. **Kemites** (Egyptians) Used Baths For All Illnesses, Which They Greatly Valued For Their Curative Effects, And Were Careful About Taking Purgatives. They Treated Skin Diseases With A Soapy Material Made Of Animal And Vegetable Oils And Alkaline Salts. They Sat In A Shallow Kind Of Shower Bath While Attendants Poured Water Over Them. They Also Cleansed Themselves In The Nile River, As Was The Case When **Bithiah**, The Daughter Of **Pharaoh Seti I**, Was Bathing At The River's Edge When She Found A Basket Containing The Baby **Moses** Son Of **Amram** And **Jochebed**. (*Exodus 2:5*). **Yahuwa**, As A Sign Of Purification, Instructed Moses To Tell The People To Wash Their Clothes, To Prepare To Hear The Word Of Yahuwa (*Exodus 19:10*).



**Figure 1**  
**Pharoah Seti I**



**Figure 2**  
**Bithiah Daughter Of Seti I**



**Figure 3**  
**Amram**  
Son Of Kohath And Ullah



**Figure 4**  
**Jochebed**  
Daughter Of Levi And Shari



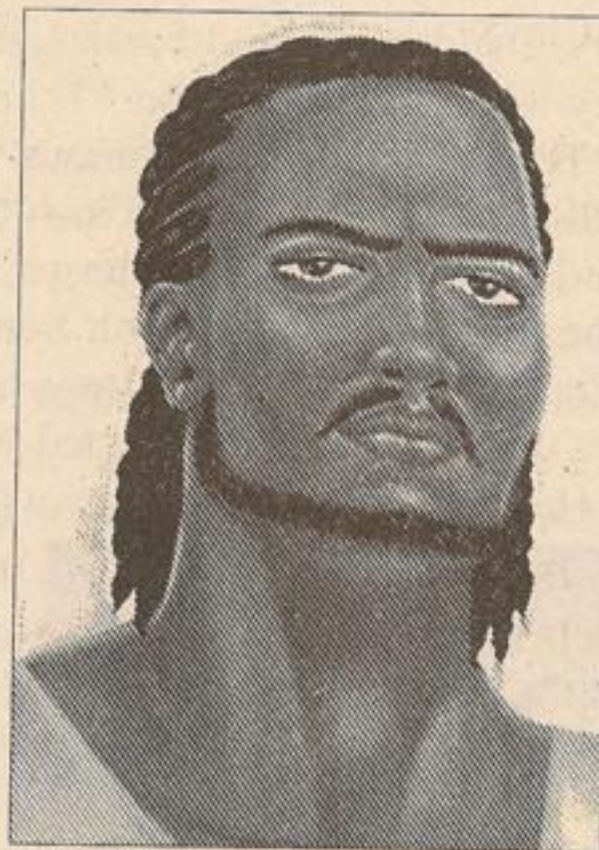
**Figure 5**  
**Moses**  
Son Of Amram And Jochebed

Before Approaching The Tabernacle, Israelite Priests Had To Wash Their Hands And Feet In A Brass Laver (Basin). Even In The Time Of **Abraham** Son Of **Terah** And **Nuwna**, Servants And Companions Were Offered Water With Which To Wash Their Feet As Guests In The House Of **Laban**. (*Genesis 24:32*)





**Figure 6**  
**Abraham**  
**Son Of Terah And Nuwna**



**Figure 7**  
**Laban**  
**Son Of Bethuel And Ziklag**

"**NUWAUBU'S Guide For Better Living**", Is A Book With Information On Such Topics As: Health, Purification, Dressing, Conversation, Raising The Children, Self-Discipline And Organization. The One Thing That Separates This Book From All The Rest, Is That It Is Supported By Facts, Both Medically And Scientifically.

As Children Of The **ANUNNAQI, ELOHEEM**, Who Want To Live Truly In The Way Of **NUWAUBU, SOUND RIGHT REASONING**, Such A Book Is A Guidance For Helping You Live Better. You No Longer Have To Adhere To The European Rules On How You, As Children Of The **Eloheem**, Should Live. You Can Live According To The **Laws Of Nuwaubu (Sound Right Reasoning)** That Existed Before The Procreation Of **Kadmon (Adam)** Son Of **Atum** And **Lillith**, Right Up To Now.



**Figure 8**  
**Atum**  
**Father Of Kadmon**



**Figure 9**  
**Lillith**  
**Mother Of Kadmon**



**Figure 10**  
**Adam**  
**Son Of Atum And Lillith**



**Ques: What Is Nuwaubu?**

**Ans: Nuwaubu** Is The Science Of **Sound Right Reasoning**, And It's Followers Are The Sons And Daughters Of **Sound Right Reason**. The Science Of **Nuwaubu** Tells You Just How And When. Belief Is **Ignorance**, To **Ignore** The **Facts** Intentionally Or Ignorantly. If One Has To Believe, It Means He Or She Does Not **Know**. And If One Does Not **Know**, That Is Ignorance. Hence, Belief Is Ignorance And Religious Beliefs Without The Facts Is Ignorance (*Refer To "Does Religion Breed Ignorance?" Scroll #98*). The Most Deceptive Word In Religion Is "**Believe**" Or "**Belief**," Because A Person Can Believe Anything And This Means That A Person Can Believe And Be One Hundred Percent Wrong. But **Knowledge** Is **Knowing**, And **Knowledge** Is Correct Information. (*Refer To "What Is Nuwau-Bu?" Scroll #42*) "**To Know**" Gives One Confidence, But Belief Infers Doubt. Knowledge Is Always Logical And It Reasons Out.

**Nuwaubu** Is Also **Right Knowledge, Right Wisdom And Right Overstanding** It Is The Best Knowledge, Wisdom And Overstanding And The Equalizer Anywhere And Any Time. It Will Be Disclosed When The Minds Of All Nubian (9 Ether Woolly-Haired People) With The Ability To Identify Themselves, Have Been Qualified By Accepting And Diligently Studying The Scrolls. The Scrolls Are Not The Science **Nuwaubu** Itself, But Is The Diligent Reading And Diligent Study And Profound Overstanding Of These Scrolls That Will Open The Mind, Tear Down Barriers, And Qualify The Mind For The Universal Science Called **Nuwaubu**, Facts Beyond Any Doubt.

As The Gate Of Mental Confinement Opens, Ignorance Will Flee And **Right Knowledge, Wisdom, And Overstanding** Will Become The Keeper Of Your Minds. **Right Knowledge, Wisdom, And Overstanding** Are **Nuwau-Bu**, And **Nuwaubu** Is The Spiritual Science Of All Woolly-Haired People Throughout The Universes. As The Sons And Daughters Of **Sound Right Reasoning**, An Affirmation (Something That Affirms Another's Existence) Is Said Which Gives Birth To A Feeling That Awakens The Awareness And Your Whole Being, When Said Daily.

The Following Is **Our Daily Affirmation** Which Is To Be Memorized And Repeated As A Sacred Ritual By Every Child Of The **Eloheem** Three Times A Day

**A. Upon Rising From Rest**

**B. Midday**

**C. Before Going To Rest**

It Is Also Recited Together By Everyone At **3:00 P.M.** Every Sunday Afternoon To Themselves Or In A Regular Tone Of Voice:

### **OUR DAILY AFFIRMATION**

I Am In The Love Of The All And All Love Is In Me  
I Am A Part Of The All And The All Is A Part Of Me  
I Am One With The All And The All Is One With Me



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**I Can Succeed As A Part Of The All And Fail As An Individual**  
**I Can Be All That I Wish In The All As Long As My Wish Is To Stay In The All**

**I Am Never Alone**

**The All Is - I Am**  
**The All Can - I Can**  
**The All Does - I Do**

***OUR 19 AFFIRMATIONS***

1. **I** Listen For The Voices Of My Creators Sent By **The Most High**, And I Look For The Signs Of **The Most High**.
2. **I** Want To Help Open The Eyes Of The World To Right Knowledge, Truth And Facts.
3. **I** Will Follow The Lamb In True Faith; Our Savior, The Man Of The Times, **DR. MALACHI Z. YORK**, Forerunner Of The Real Messiah.
4. **I** Greet All In Peace, And With A Sincere Heart.
5. **I** Pray With An Open Heart, And I Seek The True Light Inward.
6. **I** Follow The Laws Of The Holy Tablets.
7. **I** Will Not Kill Or Even Commit Suicide, For It Is A Sin, Wrong.
8. **I** Don't Steal Or Lie, And I Am Not Cruel To Children And Animals.
9. **I** Don't Disobey The Laws Of The Government In Which I Live.
10. **I** Am Non-Violent.
11. **I** Don't Become Drunk Or Intoxicated, Or Eat Unclean Things.
12. **I** Don't Hate Any Race, Creed, Religion Or Sexual Orientation.
13. **I** Don't Tell You What To Eat, Who To Like, How To Think And Feel, I Asked You Let's Work Together For A Better World.
14. **L**et's Correct Our Wrongs. Let's Apologize To Those We Hurt Because Of Religion.



15. **L**et's Work Together To Build A Better Place For Our Children.
16. **L**et's Avoid Gossip And Slander.
17. **L**et's Forgive And Seek Forgiveness.
18. **L**et's Enjoy Life, It's Short. Let's Respect The Laws Of Nature And The Source Of It All, **The All**.
19. **W**e Can Take That Which Is Evil And Turn It Good.

With That In Mind We Also Have A Nine Dimensional Program In Which All **Children Of The Eloheem** Should Memorize And Take To Heart Daily. Remember In Following All The Laws Of **Nuwaubu**, And Keeping Them In Heart, Living Them Daily, You Can Break The Barriers Of The Spell, Through Diligent Reading And Overstanding The Series Of **Right Knowledge** Books That **Dr. Malachi York** Presents To You, Who Seek Facts. Let's Work Together For The Betterment Of Our Family, And Make The Best Of Examples For Our Children.

### **Our Nine Dimensional Program:**

#### **You Must Strive To Have:**

- |                      |                               |
|----------------------|-------------------------------|
| 1. A Sound Mind      | 6. A Caring Person,           |
| 2. A Clean Soul      | 7. An Honest Personality      |
| 3. A Holy Spirit     | 8. A Loyal Being,             |
| 4. A Clear Conscious | 9. A Healthy Body, In A Sound |
| 5. An Honest Heart   | Environment.                  |

### **Nine To The Ninth Power Of Nine 9<sup>9</sup>**

As Striving **Children Of The Eloheem**, Memorizing And Living By Our Nine Dimensional Program, We Follow The Basic Laws In Which We Live By Daily, In Order To Make Our Lives, As Well As Our Homes In The Best Of Conditions, For The Betterment Of Our Youth Growing Up.

#### **Our Basic Laws**

#### **The Children Of The Eloheem Live By These Rules Daily:**

1. **Y**our Homes Should Always Be Neat And Clean. You Should Never Have Dirty Dishes In The Sink, Or Unclean Utensils. ( A ) The Bathroom Of Your House Should Always Be Kept Immaculate And Scent Free. And The Area Which Has Been Set Aside For Your Pets, Be It



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Cats, Birds, Aquariums Or Dogs Should Always Be Kept Clean And Odor Free. In The Case Of A Dog You Should Not Purchase A Dog As A Weapon By Feeding Him Hot Sauce And Depriving Him Of Meals In Order To Train Him To Attack And Be Aggressive To People. A Dog Should Be A Pet, A Companion And A Friend, Not A Carnivorous Beast. If You Get A Pet Always Get A Pedigree. They Are Bred For Health And Intelligence And Domestication.

2. **Y**ou Should Change Your Sheets Each Day And Wash Them If Possible. You Should Wear Fresh Clean Outer Clothes, And Under Clothes Each Day. You Should Not Sleep In Your Outer Clothes, It's Unsanitary; Unless You Are Traveling. You Should Not Go Barefoot In Your Sneakers, Shoes, Or Boots. This Is Not Inclusive Of Sandals.

3. **O**ur Cars, Trucks, And Vans Should Always Be Neat And Clean And Kept Up To Par. It Is Not Safe To Drive Your Family Or Friends Around In An Unfit Automobile.

4. **O**ur Children Are Always Cared For By Ourselves And Should Always Be Neat And Clean. What You Teach Them In Youth Will Be A Part Of Them For The Rest Of Their Lives. Teach Them Cleanliness And Good Habits And They Will Grow Up To Be Neat And Clean Responsible Human Beings.

5. **Y**ou Can Wear Any Type Of Clothing You Desire. There Are No Limits Or Restrictions On What You Can Wear. Any Kind Or Style You Wish To Wear Is Your Decision As Long As It Is Within Reason; Decent, Neat And Clean.

6. **O**ur Bodies Should Always Be Clean And Smelling Good. We Should Bathe Before Bed And When We Arise After The Shadow Hours. Bathing Is More Sanitary Than Showers, But If Submerging In Water Is Impossible, Then Shower. We Add Pure Oil, For The Moistness To Our Baths For Our Skin. We Should Smell Clean And Fresh At All Times. You Can Also Wear Sweet Smelling Scents.

7. **O**ur Oral Hygiene Should Always Be Up To Par. Our Teeth Should Be Clean And We Should Keep Our Gums Healthy At All Times. We Should Check Our Breath To Be Sure Not To Offend Others. It Should Be Clean, Fresh And Free Of Odors.

8. **O**ur Nails Should Always Be Clean And Cut Neat At A Suitable Length. If Polished, Keep Them Neat, Not Chipped Or Scuffed.

9. **I**f You Need Glasses, Make Sure You Wear Them. Don't Put It Off. Also Be Careful Of Contact Lenses. Investigate Them Before You Wear Them. See If They Are Suitable For You. Don't Just Wear Them To Look Good And Damage Your Eyes.

10. **W**ash As Many Times As Needed To Be Clean And Free Of Unclean Odors. Use Deodorants And Anti-Perspirants.



11. **T**ake Care Of Your Hair. In The Case Of A Male, Keep It Neatly Trimmed And Cut, If That Is Your Wish. If You Wear Dreads Take Care Of Them. If You Wear Your Hair In Any Other Style, Then That Is Your Choice As Long As It Is Well Kept. In The Case Of A Female, Keep Your Hair Neat And Clean And Styled At All Times In Which Ever Style You Like. Wear Any Style You Think Makes You Look Your Best. In The Case Of A Male, Shave If You Wish Or Wear A Trimmed Beard And Mustache. Wear Your Hair And Facial Hairs, If Any, The Way You Think It Looks Good.
12. **K**eeP Your Feet Groomed Neat And Clean Without Odor Or Fungus, At All Times.
13. **W**ear Clothes That Fit Properly, Not Too Tight Or Baggy. Try To Avoid Trends And Fads Which Label You. Also Avoid See- Through And Skimpy Clothing That Overexpose You. You Can Wear Long Or Short Skirts But No Mini-Skirts. You Can Wear Long Or Short Pants As Long As They Fit Properly. Avoid Uniform Type Clothing That Identifies You With Any Religious Cult Or Militant Organization. Dress Appropriately, Neat And Clean. You Can Wear Suits And Ties, Sweaters, Jackets Or Whatever Is Appropriate. Do Not Wear Sweat Pants When Not Indulging In Sports Or Physical Exercise. Do Not Wear Bathing Suits Except For Swimming. To Be Over-Covered Or Too Revealing Is The Extreme. Avoid The Extremes. You Can Wear Any Jewelry Of Your Choice. Wearing Holy Tabernacle Jewelry Is Suggested.
14. **M**en And Women Both Should Always Keep Their Private Parts Clean, And They Should Make Sure They Use Water To Rinse And Tissue To Dry Themselves Every Time They Use The Toilet.
15. **Y**ou Should Take A Natural Laxative At Least Once A Month; Or Fast, To Keep Your Body Free Of Poison, Toxins And Backed-Up Food In Your Colon.
16. **W**hen A Woman Menstruates She Should Use Sanitary Pads Instead Of Tampons Because It's Very Unhealthy. She Should Also Change Her Pad As Often As She Can Or When She Uses The Bathroom To Keep Herself Fresh And Free Of Bad Odors.
17. **B**oth Men And Women Should Soak Their Bodies As Often As Possible To Keep From Having Offensive Odors. Women Especially Should Take Internal Baths Often To Keep Themselves Clean And Smelling Fresh Internally And Externally.
18. **Y**ou Should Drink A Lot Of Water And Keep Your Body Fresh And Free Of Unclean Odors And Bad Breath.
19. **T**ry To Keep Your Ears Clean And Free Of Ear Wax.
20. **T**wo Women Should Not Bathe Together Or Use The Same Internal Materials Such As: Douche Bags, Cleansing Bottles, Underwear, Or Enemas; To Keep From Catching Vaginal



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Diseases Which Can Become Harmful And Dangerous. When You Become Sweaty You Should Always Wash Up And Clean Your Body To Keep From Having Offensive Odors.

21. **Y**ou Should Have On Socks When Wearing Closed Shoes To Keep Your Feet From Sweating And Having Bad Odors, Or Catching Athlete's Foot Fungus. Natural White Socks Are Healthier. Also Make Sure You Wash Between Your Toes When Bathing And Use Foot Powder When Necessary.

22. **R**inse Your Nose With Water Often To Keep Your Nose Fresh And Clear.

23. **B**oth Men And Women Should Keep Their Genital Areas Clean At All Times, To Keep From Having Offensive Odors As Well As Sexually Transmitted Diseases.

24. **W**henver Your Body Discharges You Should Always Clean Your Body, And Change Your Underwear. Pure White Cotton Underwear Are Healthier.

25. **M**ake Sure You Keep Your Toilet Seats, Your Sinks And Your Tubs Clean And Disinfected And Free Of Dirt Or Cleansing Materials.

26. **C**elebrate Any Holidays Or Celebrations That You Wish. If You Disagree With Their Meanings Then Create Your Own Meanings For Them But Don't Deprive Your Children Of The Joy Of Holidays.

27. **R**espect Other People's Beliefs. If You Can Help Them To See What The Holy Tabernacle Teaches And They Are Willing To Listen, That Is Fine. But Don't Badger Friends, Family, Or Strangers.

28. **A**lways Respect Your Elders. Be Courteous And Kind And Assist Them In Any Way That You Can.

29. **T**raveling Widens The Scope, But Make Sure You Take Care Of Your Responsibilities At Home First.

30. **R**espect The Laws Of The Government In Which You Live.

**P**ledge No Loyalty To Any Other Country Or Government Other Than The United States Of America. **WHEN YOU TRAVEL Abroad BE SURE NOT TO INVOLVE YOURSELF IN ANY FOREIGN POLITICS. DON'T SUPPORT ANY FOREIGN GOVERNMENTS OR THEIR LEADERSHIPS IN ANY WAY, SHAPE, OR FORM.** Read Your Introduction In Your Passport. You Should Have A Passport, Driver License, Social Security Card, And You Should Have A Proper Identification Card On You At All Times. You Should Know Your Blood Type. Pay Your Taxes. Do Not Commit Crimes Or Permit Crimes In Your Presence. Try To Set Up Programs That



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Would Help The Youths Such As Sports Events And Outings. Don't Deprive Your Children Of Joining Teams Or Any Constructive And Clean Recreation. Respect The American Flag And Regardless Of What Religious Or Community Flag You May Fly, The American Flag Should Fly Above It And To The Left. In The Case Of Multiple Flags, The American Flag Should Be In The Center And Raise Above The Rest. You Should Purchase A Book On The Respect Of The American Flag.

Through Following These Basic Laws Of **Nuwaubu**, You The **Children Of The Eloheem** Will Help Lift The Spell Of Ignorance That Was Put On The Nubians **6,000 Years Ago**, Which Has Kept You In A Suppressed State Of Mind. Remember You Will Only Break The Spell Through, **Right Knowledge, Right Wisdom And A Right Overstanding**, Which Leads Into **Right Thinking, Nuwaubu, Sound Right Reasoning**.

### **The Spell**

**Ques: What Is The Spell?**

**Ans:** The Nubian People, Not Only Here In The West, But All Over The World, Have Been Put Under A Hypnotic Spell. It Is The Spell Of The Dollar Bill, Also Known As The Spell Of Kingu (Leviathan), The Great Seal Of The United States, Which Was Put On You In The **1600s A.D.** When The Ruling Class Of Slaves Called "**Amer**" Or "**Amir**" Were Brought Here From North Africa. This Spell Was Reinforced In The Year **1983 A.D.** (*Refer To "The Spell Of Kingu (Leviathan) 666", Scroll #15*). The Spell Is The Reason Why Nubians All Over The World Cannot Unite. What Has Happened Is: Your People Have Been Stripped Completely Of All Their Abilities, Qualifications, And Their Spiritual Faculties, And Placed Into A State Of Materialism And Discomfort. But, Just Because You May Reside In A Particular Country And Speak Its Language, Does Not Entitle You To Forsake Your True Name.

We, Children Of The **Eloheem** Are Solely Concerned With Providing The Guidance And Direction Through The Teachings Of **Dr. Malachi Z. York**. I Came Here To Break The Spell, And The Spell Is Being Broken Right Now Through **Right Knowledge, Right Wisdom And A Right Overstanding**, Which Leads Into **Right Thinking, Nuwaubu, Sound Right Reasoning** (*Refer To Thought Nubian Tape 1, The "Sounds Of Nuwaubu"*).

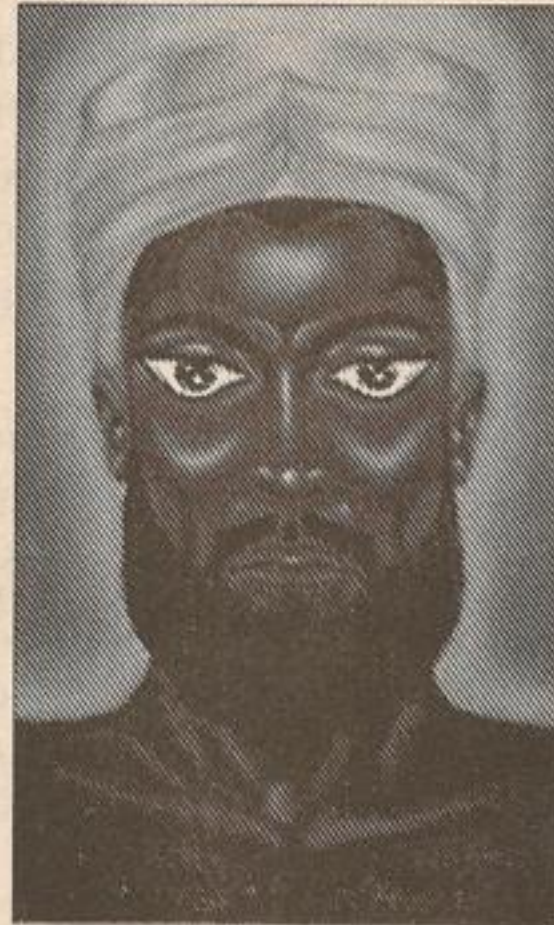
**Ques: Who Cast The Spell On Our Seed, And Why?**

**Ans:** **Enqi**, Also Called **Nudimmud** Was Jealous Of His Brother **Enlil** Son Of **Anu** And **Antum**. He Wanted To Have The Position Of **Enlil** Also Called **Nunamnir**. However, Because **Enlil** Was The Son Of **Anu** And His Half Sister **Antum**, He Became The Legal Successor According To **Anunnaqi** Laws.

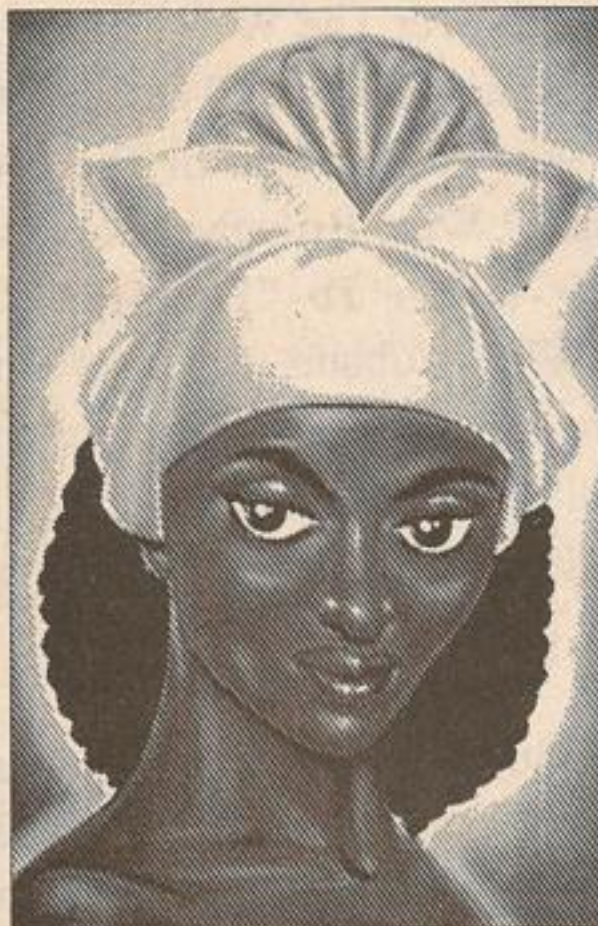




**Figure 11**  
**Iyd Wife Of Anu**



**Figure 12**  
**Enqi Son Of Anu And Iyd**



**Figure 13**  
**Antum Half Sister/Wife Of Anu**



**Figure 14**  
**Enlil Son Of Anu And Antum**

This Made **Enqi** Jealous Of His Brother **Enlil**, And So This Started A Conflict And Rivalry Between The Two Brothers. So **Enqi** And **Ishtar** Daughter Of **Nannar/Sin** (Nanna) And **Ningal** Got Together And Planned A Plan With The Evil Reptilian **Zuen** Also Known As **Anzu**, **Shakhar**, (**Humbaba**, **Tarnush**), To Put A Spell On The Seed Of **Enlil** (You The Adamites, Enosites). This Spell Was Cast At The Beginning Of The First Moon Cycle, Which Occurred 6,000 Years Ago. This Evil Hypnotic Spell Was Cast Upon Nubians, The Original **Melanin-Ite** Children. The Descendants Of The Original Woolly Haired Beings, The Deities Bearing Nine Ether, Or Nine To The Ninth Power Of Nine (The **Anunnaqi Eloheem**).





**Figure 15**  
**Nannar**  
**Son Of Enqi And Mullliltu**



**Figure 16**  
**Ningal**  
**Wife Of Nannar/Sin**



**Figure 17**  
**Ishtar Daughter Of**  
**Nannar/Sin And Ningal**

**Ques: How Did Zuen Cast The Spell?**

**Ans: Zuen** Was **Enlil's** Gatekeeper. He Guarded The **Dirga** (Sacred Chamber), Where The Seven Tablets, The **Akasha** Or **Akastic Records**, Or **Tablet Of Destinies**, (The Scroll Of All) Were Kept. These Tablets Told Of The Coming Of The Elders. **Zuen** Snuck Into The Sacred Chamber While **Enlil** Was Bathing And Stole The First Writings And All The Destinies Therein, Thus, He Changed What Was To Happen. At That Very Moment The Earth Was Void And Dark, And The **Anunnaqi Eloheem** Became Confused. **Zuen** Gave The Tablets To **Enqi** And Together They Conspired Against His Brother **Enlil** And The Descendants Of The **Adamites**, Who Are The **Cainites** And **Enosites**. Little Did **Enqi** Know The Evil Conniving **Zuen** Deceived Him And Cast The Spell On His (Enqi's) Seed Also.

**Ques: Did Enlil Ever Get The Tablets Back From The Hands Of The Evil Reptilian One Zuen?**

**Ans: Yes.** **Ninurta**, The Son Of **Enlil**, Was The Only **Anunnaqi** Brave Enough To Go Against **Zuen** And Take The Tablets. (Refer To "*The Holy Tablets*" Chapter Twelve, Lowhat Anzu, The **Tablet Of Anzu**) When The **Anunnaqi** Had Come Together For A Meeting To Decide How They Will Get The Tablets From **Zuen**, None Of Them Wanted To Fight Against **Zuen**. So, **Enqi** Decided To Send **Ninurta** To Do Battle With **Zuen**. **Ninurta** Took On The Assignment And Defeated **Zuen** On The Mountain Of **Hehe** (Hihi) Where **Zuen** Went Off Into Hiding. **Ninurta** With The Help Of **Sharur** Succeeded In His Battle With **Zuen** And Took The **Tablet Of Destinies** Back To Where It Belonged. This Made All Of The **Anunnaqi** Very Happy, And **Ninurta** Received The Title Superb **Ninurta**. **Ninurta** Then Fell In Rank With His Father **Enlil** And The Title Fifty.



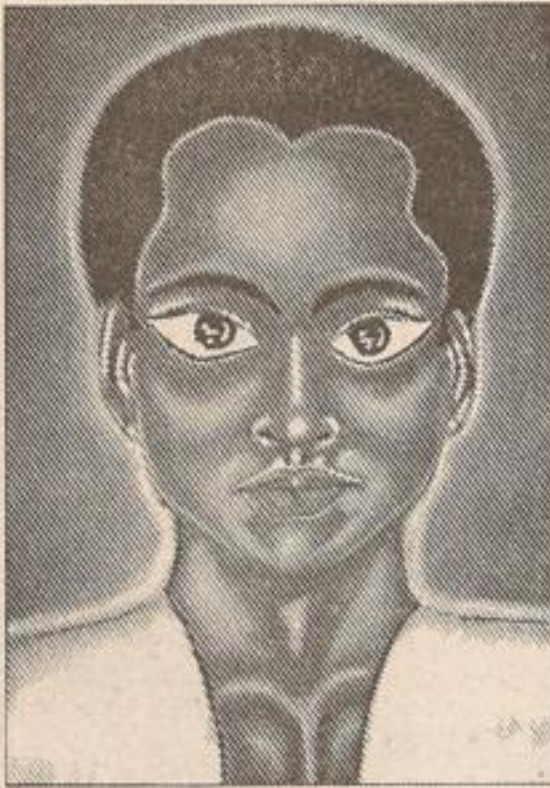


Figure 18  
Ninurta Son Of Enlil And Ninti



Figure 19  
Sharur Weapon Of Ninurta

**Ques:** What Do You Mean By Rank?

**Ans:** Twelve Of The **Anunnaqi** Have A Rank. **Anu** Is The Highest Of All The Ranks, Which Is The Number 60, Then Enlil He Is 50, And Enqi He Is 40, Nannar 30, Shamash 20 And Adad Was 10. The Number 10 And Its Six Multiples Within The Prime Number 60 Were Thus Assigned To Male Deities, And The Numbers Ending With 5 Were Assigned To The Female Deities; Like Antu Was 55, Mulliltu (Ninlil) 45, Ninqi 35, Ningal 25, Ishtar 15 And Ninti 5. **Murdoq** The Son Of **Enqi** And **Damkina** Had No Rank Because He Was Not The Son Of A Direct Descendant. Where As Ninurta Was The Son Of Enlil And His **Half Sister** Ninti, Who Also Used The Title Ninlil (Lady Of The Heavens) At One Time. When **Murdoq** Defeated **Tiamat** In The Battle, All Of The **Anunnaqi** Had To Bestow On Him 50 Names, And That Signified That The Rank 50 Had Become His Also.



Figure 20  
Ninti  
Daughter Of Anu And Si



Figure 21  
Ninlil (Mulliltu)  
Wife Of Enlil



Figure 22  
Ninqi  
Wife Of Enqi





**Figure 23**  
**Ishkur**  
**Son Of Enlil And Ninlil**



**Figure 24**  
**Shamash (Utu)**  
**Son Of Nannar And Ningal**



**Figure 25**  
**Aya (A) Wife Of**  
**Shamash**



**Figure 26**  
**Sarpanit**  
**Wife Of Murdoq**



**Figure 27**  
**Bau (Gula) Wife Of**  
**Ninurta**



**Figure 28**  
**Shala**  
**Wife Of Ishkur**

The Spell Has Brought About A Lack Of Discipline, Disorganization And Chaos. Nubian People Today Have Lost Their Self Discipline From The Way They Act, Walk, Talk, Dress And Eat. You Are Unable To Bring Yourself Out Of The State You Are In Because, You Always Create Excuses For Being The Way You Are And The State You Are In. For Example: If You're A Tramp You Lack Discipline, Because You Can't Control Your Own Desires. If You're An Alcoholic, You Lack Discipline Because You Can't Control Your Drinking. And If You Are A Glutton You Lack Discipline, Because You Can't Control Your Eating. You Always Find Excuses And Blame Someone Else For Your Condition Instead Of You Making The Change And Disciplining Yourself. You Can't Stop Your Bad Habits, Without Discipline. This Is All A Part Of The Hypnotic Spell, To Keep The Nubian Suppressed And In A Depressed State Of Mind, That's Why I, **DR. MALACHI Z. YORK** Am Here. For My Job Is To Break The Spell Of Ignorance That Has Been On Nubians With **RIGHT KNOWLEDGE, RIGHT WISDOM**



And **RIGHT OVERSTANDING**, Which Leads Into **RIGHT THINKING**, **NUWAUBU** The **SCIENCE OF SOUND RIGHT REASONING**. First You Must Begin With **DISCIPLINE**.

### **Discipline And Organization**

**Ques: How Do We Discipline And Organize Ourselves?**

**Ans: Self-Control Or Discipline** And The Ability To Organize Is A Necessity In **Nuwaubu**. Every Aspect Of **Nuwaubu** Is: Order And Discipline, From The Physical To The Spiritual. In Order For You (Children Of The **Eloheem**) To Be Accepted In The Eyes Of **The Most High** You Must Constantly Make An Effort To Control The "I" And Ego And Practice Living A Life Of Order And Discipline. The Ego, Is The Self-Arrogating Aspect Of The Mind. It Is The Ego Which Separates The Individual From Unity With Others And Within Him Or Herself, For The Ego Asserts "I-Ness".

**Ques: What Is Ego?**

**Ans: The Ego Is The Greatest Obstacle To Peace**, For It Is That Which Occupies The Mind With Whether We Are Better Or Worse, Possess More Or Less, And Have Greater Or Lesser Power Than Others. **The Ego Is Attended By Desire, Pride, Anger, Delusion, Greed, Jealousy, Lust, Hatred, Racism, And Leadership**. The Ego Is The Most Difficult Aspect Of The Mind To Control, For Its Nature Is Such That It Deludes Even While One Is Striving To Overcome It. When The Ego Is Subdued, Energies Can Then Be Utilized Constructively For Personal Growth And The Service Of Others (*Refer To "The Mind", Scroll #71*).

### **Uprooting Ego**

**Ques: How Can We Uproot Ego?**

**Ans: The Ego Can Be Uprooted By Subduing It And Suppressing It**. It Must Be Evident By Now That Being Righteous, Being A Child Of The **Eloheem**, An **Eloh**, Or **El** Meditating Being Saved, Or Being Religious, Entails Far More Than Just Making A Claim, Sitting With Eyes Closed, And Legs Crossed, Saying, "I'm God," Or Lip Confessions. It Demands Rigorous Introspection And An Overhauling Of One's Personality, Life Patterns And Values. Behavior Correction And The Uprooting Of Weakness Are Relatively Easy Adjustments To Make.

The Petty Obstinate Egoism Behind The Mask Of The Human Personality Is One Of The Biggest Hurdles To Overcome, For It Veils The Light Within, Supports Sur-Face Thoughts, And Perpetrates It's Own Habitual Feelings And Actions. This Lower Self-Arrogant Nature Must Be Whittled Down, For If It Persist In Retaining Its Limited, False Values, No Amount Of Spiritual Practice Will Bear Fruit. Too Often People Profess Of Being Righteous, Yet They Are Unwilling To Eradicate The Lower Nature And Change The Old Habits. Clinging To Them They Refuse Even To Admit The Need For Change. This Type Of Individual Will Never Make Any Real Progress, For Without Radical Transformation Of The Lower Nature, One Goes Nowhere.



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It Is Not Easy To Change Deeply Ingrained Habits, And The Sincere Person Who's Just Attempting To Change Often Feels Helpless Against Them. By Regular Spiritual Practice, Untiring Selfless Service, Association With Spiritually Minded People And Strong Determination To Eradicate Egoism A Powerful But Selfless Will Is Developed. One Must Introspect And Discover All Weaknesses And Defects. The Transmitting Of A Lower Nature To A Higher Nature Demand Full And Heartfelt Dedication.

Sometimes The Old Personality Attempts To Re-Establish Itself. Even After Years Of Purifying, Obstinate Self-Assertive, And Self Supportive By The Lower Mind And Will, It Can Make The Aspirant Incurable, Unruly Arrogant And Impertinent, Identifying With The Ego, He Or She Breaks All The Rules And Disciplines, Revolts Against All Things, And All Is Ever Ready To Fight With Those Who Are Unwilling To Respect His Or Her Views And Opinions. Wallowing In Self-Justification, And Denying Faults And Defects, The Person May Be Unaware Of The Effects Of His Or Her Actions, For The Intellect Has Been Clouded By Impurities, Not Knowing What He Or She Means And Not Meaning What He Or She Says, He Or She Is Too Self-Willed And Self-Satisfied To See The Error Of His Or Her Ways.

One Who Is Not Straight-Forward And Cannot Keep Discipline Or Open His Or Her Heart To Others, Cannot Be Helped By Any Teacher. Nothing Can Help One Who Deliberately Shuts His Or Her Eyes Against The Truth. Such A Person, Instead Of Making Progress Along Life's Path, Remains Stuck In The Mirror Of His Or Her Own Creation.

If There Is Any Recognition That Something Is Wrong, The Slightest Attempt To Improve, Or Even A Slightly Receptive Attitude, Then The Errors Can Be Corrected. One Who Is Frank With His Or Her Teacher And Him Or Herself, Begins To Realize The Nature And Source Of His Or Her Defects; He Or She Is Soon On The Way To Improving His Or Her Life.

You Must Begin By Building A Strong Community Foundation As Those Who Walked The **Siraat Al Mustaqiym** (صراط المستقيم) (The Narrow Path) As The Ones Who Did Before You. In Following The Experience Of Past Events You Can See What Does Not Work. Eternal Struggle Is The Price Of Survival. The Winners Of Such Struggles Are Those Who Organize And Work Together; Who Have A Plan, Who Practice Teamwork. As We Unfold Our Creed And Program, We Endeavor To Furnish The Human Race With All These Essentials, And More.

**El's Holy Qur'aan 13:1-3 (Original Order)**

**Persian Arabic Script**

وَالْعَصْرِ ۝١ إِنَّ الْإِنْسَانَ لَفِي خُسْرٍ ۝٢ إِلَّا الَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ وَتَوَاصَوْا  
بِالْحَقِّ وَتَوَاصَوْا بِالصَّبْرِ ۝٣

**WA (AND) AL-'ASR (THE SQUEEZING) IN-NA (SURELY) AL-INSANA (THE ENOSITES)  
LA-FEE (VERILY ARE IN) KHUS-RIN (A DEFEAT, LOSS) IL-LA (EXCEPT) AL-LAZEENA**



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(FOR THOSE WHO) **AA-MANOO** (THEY ARE FAITHFUL) **WA** (AND) **'A-MILOO** (THEY WORK) **AL-SAA-LIHAAT** (THE PERFECTION) **WA** (AND) **TA-WAA-SO** (THEY ARE ADVOCATING) **BE-AL-HAQQ** (WITH THE FACTS) **WA** (AND) **TA-WAA-SO** (THEY ARE ADVOCATING) **BE-AL-SAB-RI** (BY THE PATIENCE).

And Al 'Asr, 'The Time When The Squeezing Of Enosite's Soul, Will Be Squeezed From His Body. Surely, This Is The Age When The Insaan /Enosites Are Overcome By Defeat, 'Khusr.' Except For Those Who Are Faithful And 'Amil, 'Work' To Al Saalihaat, 'The Perfection Of Their Beings' And Are Advocates Of Al Haqq, 'The Facts,' And Patience And Endurance, 'Al Sabr.'

Right Translation In Ashuric/Syriac (Arabic) By:

**Dr. Malachi Z. York**

Mistranslation By Abdullah Yusuf Ali 1938 A.D.

**Koran 103:1-3 (Wrong Order)**

"BY (THE TOKEN OF) TIME (THROUGH THE AGES), VERILY MAN IS IN LOSS, EXCEPT SUCH AS HAVE FAITH, AND DO RIGHTEOUS DEEDS, AND (JOIN TOGETHER) IN THE MUTUAL TEACHING OF TRUTH, AND OF PATIENCE AND CONSTANCY."

**Foundation**

**Ques: How Do We Build A Foundation?**

**Ans:** A Firm Foundation Is The Beginning Of A True Child Of The **Eloheem**. When You Are Stable Emotionally And Utilize **Sound Right Reasoning** And Are Practical And Honest Yet, Critical And Skeptical, It Raises The Character To Re-Join Its Divine Oversoul. It Is Easier To Endure If One Is In Control Of The Intake, Digestion And Dissipation Of Information They're Confronted With Daily. The Doctrine Is Not Only For Those Who Do Not Know The Truth, It Is Also For Those That Are Striving To Be The Best Examples. This Includes Those Within The Tabernacle That Are To Be Counted As Well As Those Outside Of The Tabernacle Who Aspire To Enter Within And Are Seeking **Right Knowledge** And Will Eventually Adhere To The Laws Of **The Most High** And Become A Part Of The Family Of **The Holy Tabernacle Ministries**.-And By The Same Token, Once You Are In The Tabernacle, You Should Not Make The Mistake That Most People Make And Think You Have It Made, Just Because You Are A Part; Then You Lessen Your Aim To Purify Your Soul. For You Are The Same Inside As You Are On The Outside And That's A Fact.

**Keep The Facts - As The Truth - As Goodness**

Living Together As One People, As A Nation, As A Family, As A Tribe; For, Of And By Each Other Is What **The Most High** Ordained. Facts Are The Foundation On Which To Build A Strong Community And Nation; Meaning Everything Is Based On What **The Most High** Says



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In-The Holy Scriptures. **El Suhuf** (The Pure Pages), **El Torah** (The Laws), **El Hikma** (The Wisdom), **El Zubuwr** (The Psalms), **Kitaabu Barnaabaa** (Books Of Barnabas), **El Injiyl** (The Evangel, Revelation) And **El Qur'aan** (The Qur'aan). All Embodied In Our Holy Scrolls Referred To As "**The Holy Tablets**". A Foundation Based On Any Other Books Is Based On Cultures, Traditions, Legends And Tales (In Other Words Hadith).



**Figure 29**  
**Leummim Son Of**  
**Dedan And Adeuah**  
**(Book Of Wisdom)**



**Figure 30**  
**David Son Of**  
**Jesse And Hilmah**  
**(Book Of Psalms)**



**Figure 31**  
**Barnabas Son Of**  
**Joseph And Halsaa**  
**(Book Of Barnabas)**

**El's Holy Qur'aan 87 (Original Order)**

**Persian Arabic Script**

الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ وَالَّذِينَ يُؤْمِنُونَ  
بِمَا أُنزِلَ إِلَيْكَ وَمَا أُنزِلَ مِنْ قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ ﴿٤﴾

(AND) **AL-LAZEENA** (THESE ARE THEY WHO) **YU-MENOO-NA** (ARE FAITHFUL) **BE-MAA** (TO WHAT) **UN-ZE-LA** (WAS SENT DOWN) **ELAYKA** (TOWARDS YOU) **WA** (AND) **MAA** (WHAT) **UNZELA** (WAS SENT DOWN) **MEN** (FROM) **QAB-LEKA** (BEFORE YOU) **WA** (AND) **BE AL AAKHIRA-TE** (IN OF THE END) **HUM** (THEY) **YOO-QE-NOONA** (WILL CERTAINLY BE SUCCESSFUL).

These Are They Who Are Faithful To What Was Sent Down To You, Muhammad, And What Was Sent Down Before Your Time; That Is The Other Scriptures And Tablets, And In The One To Come They Will Certainly Be Successful.

Right Translation In Ashuric/Syriac (Arabic) By:

**Dr. Malachi Z. York**

Mistranslation By Abdullah Yusuf Ali 1938 A.D.



**Koran 2:4 (Wrong Order)**

*"AND WHO BELIEVE IN THE REVELATION SENT TO THEE, AND SENT BEFORE THY TIME, AND (IN THEIR HEARTS) HAVE THE ASSURANCE OF THE HEREAFTER."*

### **Responsibility**

**Ques: What Is The Main Part Of Upholding A Tabernacle?**

**Ans:** Responsibility Is The Main Part In The Tabernacle. It Is The Ability To Respond To Certain Protocols, Commands Or Obligations.

**Ques: What Is The Responsibility Of The Female?**

**Ans:** First She Must Choose A Healthy And Intelligent Husband That She Can Love And Cherish For The Length Of Their Lives; Remember Beauty, Muscles And Handsomeness Fade In Time. She Must Provide A Strong Supporting Environment, A Clean House And She Must Work Hard To See That Her Family Has Nothing But The Best.

Her Responsibility Is To Acquire A Good Academic Education To Help In The Family Business Or In The Event Of Her Husband's Illness, She Will Be Able To Perform His Job As Provider For The Family Until He Is Able.

She Should Know How To Cook, Sew, Clean And Maintain Her House, How To Operate All House Hold Machinery, Know Herbology And Natural Cures, C.P.R (Cardiac Pulmonary Resuscitation), The Heimlich Maneuver, Have A Little Medical Knowledge And Know How To Use A Computer. She Should Know How To Style And Cut Hair, Nails, Fix Things Around The House, Drive, Protect Her Family At All Times, Survival Tactics, What To Do In The Case Of Emergencies And Physical Grooming.

She Should Utilize Her Talents To Support Her Family, Be Well Informed In Order To Keep Her Family Abreast Of Current Events That Affect Their Lives; Keep Abreast Of Community Events, Family's And Relative's Health Conditions To Make Sure That Cards Of Respect And Concern Are Up To Date.

She Must Have Virtues To Set An Example And Be A Role Model For Her Children. She Must Be Loyal To Her Husband And Discipline Herself In Order To Keep A Respectful Relationship, In Order To Maintain Honesty And Integrity. She Must Control Her Emotions And Be Strong Under Pressure And Keep Her Promises And Not Endanger The Family By Violating The Laws Of The Country, State Or City In Which They Live.

**Ques: Are There Virtues Of A Woman In Nuwaubu?**

**Ans: Yes.**



### **The Ten Virtues Of A Woman In Nuwaubu**

- A. She Must Always Be Clean.
- B. She Must Always Smell Good.
- C. Obey Her Husband.
- D. Be With A Smile.
- E. Do Everything To Make Her House Comfortable.
- F. Take Care Of Her Children.
- G. Always Be Beautiful In Front Of Her Husband.
- H. Help Others Kindly.
- I. Be Quiet When Angry.
- J. Keep Herself From Disagreeableness, And Not Give Herself To Any Other But Her Husband.

#### **Ques: How Has Today's Society Prepared The Female For Womanhood?**

**Ans:** In Today's Society, Where Everything Is New And Innovative, Women No Longer Have To Be Women. When A Woman Prepares A Meal Today, It Takes No Time At All, With Today's Innovations. Now All She Has To Do Is Open A Can And A Meal Can Be Prepared In A Matter Of Minutes In The Kitchen. Therefore When Your Daughter Is Watching You In The Kitchen, Opening Cans And Popping Prepared Foods Into The Microwave Oven, She Is Saying To Herself, *"Is This All There Is To Being A Woman?"* If Your Daughter Is Walking Around With That Type Of Attitude About Womanhood, Then She Has Not Been Properly Nurtured And She Does Not Have The Correct Concepts Of What The Responsibilities Of A Woman Are. Thus, Her Foundation As A Woman In **Nuwaubu** Is Not A Firm One And She Will Definitely Fail As A Wife And A Mother. The Young Girl Must Be Reared To Know That One Day She Will Become The Backbone Of Her Nation And She Must Stand Tall And Firm And Take Pride In Her Responsibilities As A Woman.

The Evil One Creates A Society In Which Both The Mother And Father Have To Work. Thus, You Go To Work At 7 A.M. And Get Home At 6 P.M. And So To Make Up For This Loss Of Time, He (The Evil One) Created *"Fast Foods"*, Which Take The Love And Care Out Of Preparing Meals. Once All Of These Jewels Are Removed, Then A Woman's Only Value Is Sex.



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He No Longer Looks To Her For Home Cooked Meals Or Someone To Lean On At The End Of A Rough Day Or Someone Of Real Value. So All That Is Left Is For Him To See Her As Something To Lay Down With, And Now A Man Can Buy Sex, From Call Girls, Or Prostitutes. Also If A Relationship Is Based On Sex And There Is Hardly Any Communication When The Women Gets Older, And Starts Having Children, Nature Will Begin To Take A Toll On Her Body. This Will Eventually Have An Effect On Their Relationship Because Their Relationship Was Only Based On Sex. When He Sees A Young, Vibrant, Attractive Woman He Will Be Attracted To Her And Turned Off By His Own Wife When Their Relationship Should Have Been Based On Friendship And Communication First.

**Ques: What Should A Woman Know In Order To Be A Responsible Mother And Wife?**

**Ans:** She Should Know That When She Prepares Food For Her Family, It Is Prepared With Love So That The Food Becomes A Meal And Not Just Food. Food That Is Prepared With Love Nourishes The Body. She Should Teach Her Daughter Such Things As How To Make Bread From Scratch, How To Weave Cloth To Make Fabric For Sewing Clothes, Etc.

She Should Know That There Is A Special Feeling Of Contentment And Inner Satisfaction In Sewing And Pressing Her Husband's Clothes And Having Him Look Immaculate In The Eyes Of His Peers. Wherever He Goes, People Will Know That She Takes Good Care Of Him From Washing And Pressing His Clothes To Shining His Shoes, Just By Looking At Him.

A Woman Is To Be More Than A Cook Or A Sewer Or A Cleaner, She Is A Doctor, A Nutritionist, A Psychiatrist, A Bookkeeper, An Accountant, An Analyst, And A Healer. She Must Be An Evaluator Of Nutrition. As You Grow, Your Body Is Aging. Nutritionally Speaking, The Foods That You Eat Should Be Foods That Will Preserve The Body While It Is Aging. Since The Wife Is The One That Prepares The Meals, She Should Know What Type Of Foods Are Good For The System And What Type Of Foods Mix Well In The Stomach, Etc. She Should Be Feeding Her Husband Foods That Promote Longevity, So That He Will Not Become Impotent.

A Woman Should Be Sensitive Enough To Know When Something Is Wrong With Her Husband And Her Children And She Must Be Able To Reach, Console And Comfort Them. If A Woman Cannot Reach Her Husband Mentally And Console Him When He Is Down, Then He Will Seek Consolation And Comfort Elsewhere And It Is Usually With Alcohol Or Another Woman. He Will Sit In A Bar And Drown His Sorrows In Alcohol. After All, If You Take The Word **Bar**, And Spell It Backwards You Get The Word **Rab** (رب), Which Is The Ashuric/Syriac (Arabic) Word For "**Sustainer**". This Is One Of The Ways The Evil One Has Tampered With Words By Placing Hidden Meanings In Them.

**Ques: What Is This Society Geared Towards?**

**Ans:** The Evil One Has This Society Set-Up Where Everything Is Geared Towards Self-Destruction, And The Man, With All Of His Responsibilities, Is The Prime Target. He Is



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The Breadwinner And The Provider. As A Child Of The **Eloheem** In The Western World, Life Is Made To Be Hard And To Work Against You. This Society Makes A Man Work On Friday With The Stipulation That If You Don't Work On Friday You Will Not Be Able To Work At All. Every True Child Of The **Eloheem** Knows That Friday Is The Day Of Gathering. Everything In This Society Is Structured To Work Against **Nuwuabu**. It Is The Responsibility Of The Man To Provide. **The Most High** Created Some Of You (Men) A Notch Above The Others (Women); Meaning That Men Shall Provide For The Women (*Refer To "The Holy Tabernacle Family Guide", Page 100*)

**El's Holy Qur'aan 92:34 (Original Order)**

**Persian Arabic Script**

الرِّجَالُ قَوَّامُونَ عَلَى النِّسَاءِ بِمَا فَضَّلَ اللَّهُ بَعْضَهُمْ عَلَى بَعْضٍ وَبِمَا أَنْفَقُوا مِنْ  
أَمْوَالِهِمْ فَالصَّالِحَاتُ قَانِتَاتٌ حَافِظَاتٌ لِّلْغَيْبِ بِمَا حَفِظَ اللَّهُ وَاللَّاتِي تَخَافُونَ  
نُشُوزَهُنَّ فَعِظُوهُنَّ بِوَاسِطَاتٍ مِّنْ أَهْلِ بَيْتِكُمْ وَأُصْرِبُوهُنَّ فَإِنِ اطَّعْنَكُمْ  
فَلَا تَبْغُوا عَلَيْهِنَّ سَبِيلًا إِنَّ اللَّهَ كَانَ عَلِيمًا كَبِيرًا

**AL RIJAAL (MEN) QAWWAMOON (ARE TO BE MAINTAINERS) ALAA (OF) AL NISAA (ENOSITE WOMEN) BIMAA (BY WAY OF) FADDALA (HAS PREFERRED) AL-LAH (THE SOURCE) BADAHUM (SOME OF THEM) ALAA (OVER) BADIN (OTHERS) WA (AND) BEMAA (BY WHAT) ANFAQOO (THEY SHARE WILLINGLY) MIN (FROM) AMWAALIHIM (THEIR OWN WEALTH) FA AL SAALIHAAT (THE WOMEN WHO ARE WORKING TO PERFECT THEMSELVES) QANITAAT (OBEY WILLINGLY) HAAFIZAAT (GUARDING) LE AL GHAYB (BY NOT BEING SEEN) BEMAA (OF THAT) HAFIZA (HAS GUARD) AL-LAH (THE SOURCE) WA (AND) AL-LATEE (FOR THOSE) TAKHAAFOON (WHO YOU ALL FEAR) NUSHUZHUNNA (LEAVE THE HOUSE) FA IZUUHUNNA (THEN GIVE THEM STRONG RELIGIOUS WARNINGS) WA (AND) AHJUROOHUNNA (GO TO BED WITH THEM) FEE (IN) AL MADAAJI-E (BEDS) WA (AND) ADRIBOOHUNNA (YOU ALL CAN HIT THEM) FA-IN (AND IF) ATAANAKUM (THEY OBEY YOU ALL) FALAA (DON'T) TABGHOO (YOU ALL SEEK) ALAYHINNA (UPON THEM) SABEELAN (A PATHINNA (SURELY) AL-LAH (THE SOURCE) KAANA (IS) ALIYYAAN (HIGHEST) KABEERAAN (OLDEST, BIGGEST).**

**Men, Are To Be The Maintainers, Providers Of Enosite Women, By What The Source Has Preferred; Some Of Them, Men Over Others - Women, And By What They Share Willingly, From Their Own Wealth; Men Are To Take Care Of Their Women's Needs. So, The Women Who Are Working To Perfect Themselves, Are The Ones Who Guard Themselves, By Not Being Seen By Everyone - Not Going Out, Into The World As Allah Has Ordered Them To Guard Themselves; And As For Those Who You Fear, Will Leave The House, Give Them Strong, Doctrinal Warnings, And Don't Go To Bed With Them - Have Sex; And If You Have Reason To Hit Them, But If, They Obey You, Don't Seek, Or Desire A Path Against Them Don't Seek To Do Them Harm. Surely, The Source, Allah Is Al Aliyyu, Elyown Elyown El, And The Oldest.**



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Right Translation In Ashuric/Syriac (Arabic) By:

**Dr. Malachi Z. York**

Mistranslation By Abdullah Yusuf Ali 1938 A.D.

**Koran 4:34 (Wrong Order)**

*"MEN ARE THE PROTECTORS AND MAINTAINERS OF WOMEN, BECAUSE GOD HAS GIVEN THE ONE MORE (STRENGTH) THAN THE OTHER, AND BECAUSE THEY SUPPORT THEM FROM THEIR MEANS. THEREFORE THE RIGHTEOUS WOMEN ARE DEVOUTLY OBEDIENT, AND GUARD IN (THE HUSBAND'S) ABSENCE WHAT GOD WOULD HAVE THEM GUARD."*

**Ques: What Is The Responsibility Of A Man?**

**Ans:** The Male's Responsibility Is To Choose A Healthy And Intelligent Wife, Whom He Can Love And Cherish For The Length Of Their Lives And Further. Remember, Beauty Is Truly Only Skin Deep. If You Are With A Woman Only Because She Is Pretty, That Is The Wrong Reason. That Beauty Will Eventually Fade Away.

His Responsibility Is To Provide An Above Poverty-Stricken Environment By Working Hard To See That His Family Has Nothing But The Best And Earn A Living Honestly And Honorably. He Is To Know How To Repair And Fix Things Around The House. His Responsibility Is To Know How To Drive Everything On Wheels. He Is To Protect And Guard His Family At All Times. He Is To Know Survival Tactics; What To Do In Case Of An Emergency. His Responsibility Is Setting An Example And Being A Role Model For His Children. He Is To Be Loyal To His Wife And Discipline Himself In Order To Keep A Respectful Relationship. He Is To Maintain Honesty And Integrity.

His Responsibility Is To Not Endanger His Family By Violating The Laws Of The Country, State And City In Which They Live. He Is To Control His Emotions And To Be Strong Under Pressure And Always Keep His Promises. He Is To Be A Father For His Sons And His Daughters, And He Is To Be A Husband For His Wife. He Is To Set An Overall Good Example For His Family As Well As Be An Upright And Noble Member In The Family Of The Holy Tabernacle. He Is To Be A Hard Worker, Following The Laws Of **NUWAUBU** At All Times.

When A Man Is Working For Someone Else, He Is Not Really Providing, Especially If He Is Working For Someone Who Is Not Even Of His Culture. They Do Not Even Care That You Are An Aspirant Child Of The **Eloheem**. In Reality, For A Child Of The **Eloheem** To Work For A Jew, Or A Christian Is Against **Nuwaubu** Because It Dictates That You Are Inferior. A Child Of The **Eloheem** Is Supposed To Do For Self, As Stated By The **Honorable Elijah Muhammad**. And The Only Way That A Child Of The **Eloheem** Can Do For Self Is To Live As A Part Of The Tabernacle.

Within The Tabernacle There Should Be Employment. There Should Be Shoemakers, Dressmakers, Etc. There Should Be Accountants, Lawyers, Doctors And A Police Department All Set Up Within The Tabernacle. Otherwise Living The Way Of **Nuwaubu** Would Be Impossible. If The Man Has To Go Out And Work For Someone Else, Then Bring That Money



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Back Into The Tabernacle, He Should Do So With Aspirations Towards Working To Become Independent. On His Own, The Man Cannot Achieve This Goal, But Living Amongst Others, Within A Tabernacle, Who Works As Hard And Diligent As He Does, It Can Be Done. And The **Holy Tabernacle Ministries** Is Living Proof.

**Ques: What Happened To All The Other Organizations That Existed Before The Holy Tabernacle Ministries?**

**Ans:** The Sunni Muslims That Have Existed In The World Prior To **The Holy Tabernacle Ministries** Don't Even Have The Ability To Come Together And Be Cohesive And Organize As Well As We Do. Why? Why Did The **Holy Tabernacle Ministries** Come Along In **1970 A.D.** (As Ansaar Allah) And They (Sunni Muslims) Were Here Since **1914 A.D.**, And We Are Able To Establish Tabernacle Living? The Answer Is Simple. Because Of The Principle Of Living For, Of, And By Each Other. The Men In The Tabernacle Are Constantly Taught That They Have A Responsibility To Provide For The Women And Children.

The Concept Of "*I Am A Black Man And I'll Make The Money On My Own*", Does Not Apply Within A Tabernacle. You Don't Eat A Meal Today And A Snack Tomorrow Because You Have Too Much Pride. Pride That Is Based On Tissue Paper Means Nothing. By That I Mean, Pride That Is Based On Different Black Leaders, Telling You What You Are And Were, Hindering You From Becoming Something, As Opposed To Telling You What You Are Not, Giving You The Ability To Stand Up And Become Something Of Worth. The Nubian Man And Woman In America Doesn't Have Anything To Be Proud Of Until They Are Buying From Each Other And Selling To You (Nubians); The Italians Buy From Each Other And Sell To You (Nubians); The Chinese Buy From Each Other And Sell To You. But Who Does The Nubian Buy From? He Buys From The Jews, Italians And Chinese. And Who Does The Nubian Sell To? No One!

**Ques: Does Just Having A Child Makes A Man A Responsible Father?**

**Ans:** The Man Has A Responsibility To Create An Environment That Makes His Son Look Up To Him In Respect. Men Think Just Because They Can Father A Child, That Makes Them A Man; Well, It Doesn't. Being A Man Means Supporting Your Family On A Consistent, Day To Day Basis, Legitimately; Not Holding Up A Gas Station Today And A Liquor Store Tomorrow. A Man Must Recognize That The Western Society In Which He Lives, Offers But So Much To His Children, And That He Had Better Be Able To Produce What Society Can In Some Form Or Fashion, Within The Boundaries Of **Nuwaubu**. If Society Offers Things That Will Enhance Your Child's Chances To Grow And Become Something Within That Society And You Deprive Your Child, Then You Produce A Retarded Child.

**Ques: If A Man And Woman Are Having Problems In Their Relationship, Should They Stay Together For The Children?**

**Ans:** Firstly You All Make Mistakes And You Could Have Made Mistakes In The Spouse That You Chose. Blind Love Is For Those Who Are Blind And Do Not Wish To See The Faults Of Their Partner. I Don't Suggest An Abrupt Divorce Unless There Is The Threat Of Danger, A



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Lack Of Provisions For The Family, Or Disloyalty. So If You Choose A Spouse, It Is Best To Investigate His/Her Family, Their Health Background, Their Mental Stability And Their Genetic Involvements. Be Extremely Careful In These Days And Times, For Great Deadly Diseases Plague The Human Body. Don't Be A Victim Of Your Lust To Your Death. For The Children's Sake If Any, Don't Stay In A Bad Relationship, It Can Affect Their Lives. If A Man Is Not A Provider, Which Is The Most Important Aspect Of A Man, Move On With Your Life Before It's Too Late. If A Woman Does Not Do Her Part As A Female, Move On. Remember, Women And Men, Whom You Meet At Parties Are Just That, **Party-People**. You Don't Go In A Night Club To Find A Wife/Husband, You'll Find A Night Club Girl/Guy.

Being A Nubian In America, You Are Forced To Provide The Things That This Society Has To Offer, If You Are Going To Put Your Child In The Mainstream Of America. By That I Mean, If There Is A Christmas Celebration Every Year In Which Children Receive A Lot Of Gifts, And Your Children See This, Whether They Are In A Religion Or Not, They Will Want To Participate. That Is Why I Have Incorporated Our Own Celebrations And Holidays, Into Our Culture, And Way Of Life, So That Our Children Won't Feel Deprived. (*Refer To "The 1996 Calendar"*). Deprived Children Are Insane Children. Your Worldwide Killers, Drug Addicts, Murderers, Etc. Are Usually Adults That Were Deprived One Way Or Another During Their Youth. If You Are Going To Have A Peaceful Environment In America, Then You Must Adjust Your Environment To Suit America. Otherwise, If You're Going To Use Afghanistanian Principles, Then You Should Be Living In Afghanistan And If You're Going To Use Saudi Arabia As Your Principles, Then You Should Be Living In Saudi Arabia.

**Ques: What Is Our Language?**

**Ans:** A True Child Of The **Eloheem** Should Have Their Own Language And Should Know How To Speak Their Language. This Is Why I Have Instituted Our Own Language Which Is **Nuwaubic**. **Nuwaubic** Is A Combination Of The **Nubian Dialect, The Ancient Cuneiform, Chaldean, Akkadian, Ashuric, And Aramic** Languages. And No Matter What Country They Are In, It Is The Responsibility Of Both The Mother And The Father To Know The Language Of The Scriptures.

We Are Now Renewing Ourselves With Our Own Culture, Our Own Commitments, Our Own Name, **Nuwaubians**, Our Own Land, **Mother Earth**, Our Own Scriptures Which Is **The Holy Tablets**, And Naturally Our Own Language, **Nuwaubic**.

Having To Speak English (Someone Else's Language) Is Crippling To The Children And Also To **Nuwaubu**. Speaking English To Your Children Manufactures Renegades. A Renegade Is One Who Rejects His Religion, Cause, Allegiance, Or Group, For Another Group. All Of The Sunni And Shi'ite Muslims In America Who Belong To Different Groups And Sects And Who Do Not Speak The Original Language, Are Subjected To Men's Interpretations And Translations And Thus Men's Opinions And They Can Be Persuaded Into Wars, Rivalry And Sectism (*Qur'an 3:105*).



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If All Of The Muslims That You Meet On A Day To Day Basis Were Fluent In The Ashuric/Syriac (Arabic) Language, They Would Be Able To Throw Away All Of Their English Translations And Interpretations And Confront The Qur'aan For What It Says In The Ashuric/Syriac (Arabic) Language. Because They Are Looking Through The Eyes Of Other Men; The Men Become The Women In The Respect That They Have To Rely On Someone Else (*Refer To "Is The Koran Authentic?", Scroll #118*). Therefore, It Is The Man's Responsibility To Come Together With Other Men And Form A Tabernacle. A Tabernacle Where Everyone Can Live Together Is Your Garden Of Eden, Where You Shape The Environment And You Grow And Nurture Every Plant, Fruit, Tree And Every Seed In The Garden. This Is Done For The Sake Of The Children, So That They Will See What They Are To Become.

For Example, You Cannot Be A True Muslim In America, Living In New Jersey, Visiting A Masjid In New York On, 72nd Street, Where A Multitude Of Men With Different Economic Backgrounds And Status', Different Educational Levels, Pile Into One Room For A 2 Hour Lecture On Friday. After Which, They Disperse Back Into The World. Some Are Vendors, Some Go To Offices, Some Hold Political Positions And Still Some Are Visitors. It Is The Women And The Children That Suffer. The Sole Purpose Of The Tabernacle Is To Raise Pure Children Together With Pure Souls, And Not Instilling The- "I-Ness" Inside Their Minds. They Should Be Taught That Working Together Is The Best Way To Get A Job Done Better, Not Alone.

### **Individualism**

**Ques: What Causes Individualism?**


**Ans:** As Previously Stated, It Is The Ego That Separates The Individual From Unity With Others Making The Individual See Himself, Or Themselves As Better Or Different From Others. Nature Decrees That The Higher Species Look After Its Brother's Life And Guard Against Enemies. This Philosophy Being An Aider Of **Ansaarullah**, And Not To Each His Own, Or False Loyalty. We As Children Of The **Eloheem** And The Children Of **The Most High** Are Responsible For The Other Animals Of This Most Beautiful Gift, The Planet **Tiamat** (Earth).

Beware Of Introverts, Or Those Who Seem As Such. An Introvert Is A Person Whose Thoughts And Interests Are Directed Inward. They Can Be Hypocrites. Some Will Come Out Of Themselves When It Is Convenient For Them. They Hide From Society So That No One Can Ever Point The Finger At Them. But When It Comes To Something Or Someone That They Like, They Open Up And Let Loose. Some Open Up When It Is Time To Eat; They Become A Different Person. Introverts Do Not Want To Face Life. **The Most High** Placed You On This Planet To Live And Die And You Have A Span Of Time To Make Yourself Known. **The Most High** Does Not Intend For You To Be Alone, Sitting Off In A Corner Somewhere With Idle Minds. An Idle Mind Is The Evil One's Playground (*Proverbs 19:15*). Communicating With Others Daily Keeps Your Mind Free From Idleness.



### Communication

**Ques: What Is The Best Way To Communicate?**

**Ans:** Communicate With Others Positively. It's The Lack Of Communication That Causes All Problems. Do Not Assume What You Think Someone Might Say And Relay It To Others, And Don't Expect Someone To Know What You Are Thinking. If You Want Or Need Something Ask For It In A Courteous Manner. Also If You Have A Problem, It Is Best To Discuss It With The Person Or Persons And Solve It At The Time It Happens. Within The Holy Tabernacle, Communicating In **Nuwaubic** Is Necessary. **Nuwaubic** Is Your Own Language Whose Origin Began With The **Huwa** Symbol (  ), Which Is The Symbol Of Love In Every Language (*Refer To "Nuwaubic: Our Own Tongue", Scroll #7*). I Have Chosen To Call This Language **Nuwaubic** Because It Is Based On A Style That Originated With The Nubians, Browns And Latins Of Your Past Culture.

It Is Your Responsibility As Children Of The **Eloheem** To Spread **Nuwaubu**, Which Is **Right Knowledge** (Facts Beyond Any Doubt), Throughout The World. And Also To Become Worthy, Once Again In The Eyes Of **The Most High**. In The Holy Tabernacle Ministries, There Are Leaders And Teachers Who Help Teach And Spread **Nuwaubu** To Those Who Seek The Facts.

### Leadership/Authority

**Ques: What Are The Aspects Of Good Leadership?**

**Ans:** A Leader Is A Person Who Directs Or Guides A Group Of People. He Is A Person Whose Leadership, Example, Pattern Or Model Should Be Followed. However, In This Day And Time You Have Very Poor Examples Of Leadership, From Your Political, To Your Religious, To Your Social Leaders. Don't Be Fooled By These So-Called Leaders Like The **Moorish Americans, Nation Of Islam, Five Percenters, Bilaalians, Sunni Shi'ite**, Etc. Who Still Have Their Congregation Running Around Playing Muslim With The State The Islaamic World Is In. They Need To Be For Real And Realize The Dangers That Their Ignorance Can Get Their Followers In. This Is Also Their Ego At Work. A Leader Knows When His Followers Are In Danger And Has The Ability To Guide Them To Safety. A Person In Whom All The Qualities Essential For Good Leadership Should Be Evident In His/Her Actions As Well As Their Conduct Being Able To Lead The Way Through Various Situations And Can Be Trusted With Your Life Both Physically And Mentally. And As A Leader, He/She Has The Authority To Make Decisions Backed Up By The Power To Enforce Them.

**Isaiah 55:4**

#### Modern Hebrew Script

הֵן עַד לְאֻמִּים נִתְחַיֵּי נְגִיד וּמַצְוָה לְאֻמִּים:



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*HANE (BEHOLD), I HAVE NAW-THAN (GIVEN) HIM FOR A AYD (WITNESS) TO THE LEH-OME (PEOPLE), A NAW-GHEED (LEADER) WA (AND) TSAW-WAW (COMMANDER) TO THE LEH-OME (PEOPLE).*

**Behold, I Have Given Him For A Witness To The People, A Leader And A Commander To The People.**

Right Translation In Aramic (Hebrew) By:

**Dr. Malachi Z. York**

Mistranslation For King James 1611 A.D.

*"BEHOLD, I HAVE GIVEN HIM FOR A WITNESS TO THE PEOPLE, A LEADER AND COMMANDER TO THE PEOPLE."*

The Above Quote Confirms The Fact That A Leader Should Be An Example For All To Follow And Who Follows The Best Of Examples. In Order To Maintain A Structured Environment For The Sake Of Your Children, It Is Imperative That You Obey And Adhere To The Commands Of The Leader, Who Should Be Following The Laws Of **Nuwaubu**. A Leader Can Appoint An Assistant, Whose Job It Is To Carry Out The Other Responsibilities Of The Leader And To Enforce The Laws That Are Created By The Leader. In **Nuwaubu** We Have What Are Known As Divine Laws; Which Are Permissible And Prohibited. These Laws Are Usually Established By One Whose Words Carry Weight And Has Much Respect. The Assistant Upholds The Rules Of The Tabernacle That Are Made By The Leader, In Accordance With The Holy Scriptures And The Land In Which The People Live (*Qur'aan 4:59*).

There May Be Times When The Leader Gives A Command That May Cause Ill Feelings Amongst The Congregation, But You Should Remember That He Would Never Tell You Something That Will Not Benefit The Tabernacle As A Whole. Trust Is Something That You Must Learn To Have In Your Leader. Your Leader Is Obligated To Guide You To The Right Path, And It Is Your Obligation To Keep Yourself On The Path Of Righteousness.

### **Commitment/Obligation**

**Ques: What Are Our Obligations As Members Of The Holy Tabernacle Ministries?**

**Ans:** It Is Important, When Living In A Tabernacle Environment, To Always Remember Your True Purpose For Being There. You Have Chosen Of Your Own Free Will, To Submit To **The Most High**. Your First Priority Is The Survival, Expansion And Advancement Of **The Holy Tabernacle Ministries**. To Achieve This Goal At No Price Is Too High, No Sacrifice Is Too Great, And We Will. And We Must Utilize Any And All Means Necessary To Achieve This Paramount Goal. Then And Only Then Can We Help All Others.

The Children Of The **Eloheem** Take This Stand: Yes We Are Proud To Be A Family, Living For, Of And By Each Other. We Are Prejudiced In Favor Of The Human Race At All Times, In All Things. We Are All The Children Of **The Most High** Of The Soul Of Nubia From One



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Common Ancestor Family-The **Eloheem (Anunnaqi)** Who Came Down To The Planet Earth. Only We Call This Loyalty, And Anyone Who Is Not Loyal Is Only For Themselves. We Only Seek And Accept The **Facts**, Not Beliefs, Or Myths.

## **What We Accept As Fact**

### *The Daily Affirmation Of Loyalty Of The Children Of The Eloheem*

1. **We** Accept As Fact The Eternal Laws Of Nature As Revealed Through Science, Past Events, Logic, And Common Sense Revealed As Right Knowledge, Wisdom And Overstanding.
2. **We** Accept As Fact The Highest Laws Of Nature Is The Cooperation And Harmony Of All Living Things.
3. **We** Accept As Fact Our Way Of Life As A Means To The Best End.
4. **We** Accept As Fact That Loyalty Is The Greatest Of All Honors And Treason Is The Worst Of All Crimes.
5. **We** Accept As Fact That What Is Good For The Holy Tabernacle Is The Highest Virtue And What Is Bad For The Holy Tabernacle Is The Ultimate Evil.
6. **We** Accept As Fact That The Holy Tabernacle Is The Finest And Noblest Organization For All Humanity Created By Circumstances.
7. **We** Accept As Fact That Creativity, Love, And Cooperation Are The Essences Of Success.
8. **We** Accept As Fact That Truth And Facts Are Always And Has Always Been The Originator And Creator Of All Success.
9. **We** Accept As Fact That All Worthwhile Cultures And Civilizations Came About From The Ancient Sumerians And The **Eloheems** From The Heavens, Without Which There Would Be None.
10. **We** Accept As Fact That For The Holy Tabernacle To Survive, Expand And Advance We Need First Of All, A Revolution Of Values And Thoughts Which Must Start Within Each Person By Being Truthful With Themselves And About Themselves. Therefore, We Completely And Categorically Reject All Myths, Fictions, Religions And Lies That Have Not Been Proven. That Would Include Your Heavens, Your Hells, Your Fire And Brimstones, Your Horn And Pitchfork Devils, Your Winged Angels And Your Old Man God Character Sitting On A Throne Up There Somewhere. We Deal Strictly With Facts. If You Can't Prove It We Don't Want To Hear It, That Doesn't Mean We Won't Listen To You, Just Don't Expect Us To Accept Your Beliefs By Virtue Of A Title Such As Reverend, Pastor, Deacon, Imaam, Shaykh, Rabbi, Minister, Theologian, Etc. That Is Your Sensationalism And We Deal With Just The Facts.



11. **We** Accept As Fact That The Only True Revolution Is A War Of Good Against Evil, Right Against Wrong, Fairness Against Unfairness, Loyalty Against Disloyalty, Sincerity Against Insincerity, Honesty Against Dishonesty; And This War Is Fought Within Each Person Amongst The Agreeable And Disagreeable **Eloheems** That Make Up Your Will Power.
12. **We** Accept As Fact That The Unity Of Our Community And Its Success Will Only Happen With Cooperation With All Involved.
13. **We** Accept As Fact The Total Unification Of All Humanity On The Basis Of Truth, That Is: Accepting People And Races For Who And What They Are, And Respecting Their Culture, Their Languages And Their Beliefs.
14. **We** Accept As Fact That The Human Race, Its Biological And Cultural Heritage Is Now Under Attack By Our Own Morals, Our Self-Righteousness, Our Desire To Control Industry; And These Things Attack The Very Existence Of Humanity.
15. **We** Accept As Fact That Males As Well As Females Are Equal In All Things And Should Be Dealt With As Partners In All Matters.
16. **We** Accept As Fact That No One Race Of People Is Better Than The Other. In Fact, No One Wins The Race In Racism.
17. **We** Accept As Fact That Communication Between Different People Is The Cure To The Ignorance That Breeds The Disease **Hate**.
18. **We** Accept As Fact That A Good And Well-Rounded Education Could Prevent Most Of The Ignorance That Plagues The World.
19. **We** Accept As Fact That **The All** Is Just That, **The All**. You Can't Take From **The All**, You Can't Add To **The All**. We Are **All** Within **The All** As One. That Is Our Concept Of What You Call A Deity.

**TO THE FULFILLMENT OF  
THESE FACTS WE CHILDREN OF THE ELOHEEM FOREVER  
PLEDGE OUR LIVES,  
OUR SACRED HONOR  
AND OUR SPIRITUAL ZEAL.**

**NUWAUBU!  
THE SCIENCE OF FACTS BEYOND ANY DOUBT!**

You Are Aiders In The Way Of **The Most High**. You Must Remain Determined To Eliminate Disagreeableness And Establish Agreeableness. As Striving Children Of The **Eloheem**, You Are



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Obligated To Justify Your Existence As Firm Followers Of **Nuwaubu**. You Should Live To Achieve This Aim. **The Most High** Has Named You As The Best People On The Planet Earth Only Because You Live To Uphold The Truth And Sacrifice, Even Your Lives For This Noble Cause.

## **Goals And Purposes Of The Community Of Nuwaubu**

### **Our Pledge**

We Pledge Allegiance To **Nuwaubu** For The Unity Of All Nubian (Ptahite, Ethiopian, Kuwshite); And To The Holy Tablets, For Which It Stands; One People, Under **The Most High**, Indivisible, With Equality And Love For All.

### **What We Must Do**

Let Me Examine Briefly The Importance Of Our Mission Here In The Western World (As Children Of The **Eloheem**), And How We Have Gone About Instituting Our Ideas, Based Upon The Firmest Of Foundations, **Right Knowledge**.

Our Goal, As Children Of The **Eloheem** Having Faith In **The Most High**, Is Simply To Re-Establish **Nuwaubu** To Its Purest Form. Under The Guidance Of Our Master Teacher **Dr. Malachi Z. York**. Many People Are Searching For The Truth, And They Expect To Find It In The Far East And Other Diverse Parts Of The Earth. But, The Truth, The Facts, **Right Knowledge**, The Science Of **Nuwaubu**, **Sound Right Reasoning**, Is Right Here In The West.

### **Worship/Faith**

**Ques: Is It Still Mandatory To Perform Selah?**

**Ans:** When I Was Taking You Through The School Of Islaam, You Were Being Taught About Salaat (Selah) Under The Teachings Of **Muhammad** Son Of **Abdullaat** And **Amina** And The **Mahdi** Son Of **Abdullah** And **Aamina** (Of Sudan). Muhammad Received The Injunction For Worship In Order That It May Be Brought To The Muslims. It Was Mandatory For You To Perform **Salaat** (Selah) A Minimum Of 5 Times A Day And A Maximum Of 7; Preferably In Congregation. However, Now I Say You Can Pray Whenever You Feel The Need To. If You Pray When You Feel The Need To Pray, Then Praying Becomes Your Ritual, And It Becomes Something Of Meaning To You, And Not Something Done Because You Are Told To Do It. In Making Selah, You Are Showing The Creator That You Are Not So Proud, Or Full Of Pride To The Point Where Praising **The Most High** Is Something You Will Not Do. By Making Selah, You Become Closer To **The Most High**. When You Make Selah, Make It With A Sincere Heart, As If It Were Your Last Selah Before Departing From This World Into The Next (*Refer To "What Is Selah?", Scroll #12*).



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You Must Study The **Holy Tablets**. In It Is Your Way Of Life, **Nuwaubu**. This Confirmation Of Scripture Has No Mistakes And No Contradictions. Learn To Turn To The **Holy Tablets** Whenever You Are Faced With A Problem; For In It Are The Answers. Constant Recitation Of **The Holy Tablets** Will Help To Instill It Firmly Within Your Hearts. You Should Also Read "**The Unshakable Raatib**" Of The **Mahdi, Scroll #9** And The **Book Of Light** By **Dr. Malachi Z. York** Every Morning And After Every Late Afternoon. Although The Raatib And The Book Of Light Are Not A Holy Scripture, They Are However, Books Of Worship For The Pure In Heart; Which Gives One Inspiration To Endure. Within The Confines Of Their Pages. You Shall Undoubtedly Find Words Which Shall Lead Your Soul Along The Path Of **Right Knowledge**, Facts Beyond Any Doubt. The Knowledge That Is Undeniable.

You Are A Proud People With A Rich Heritage, And Some Of You Possess A Great Deal Of Material Wealth. Living In A Tabernacle Does Not Mean Giving Up That Wealth; It Just Proves That You, With All Of Your Wealth, Are Still Willing To Serve **The Most High**. It Takes Hard Work, Diligence, Sincerity, Honesty, And Most Of All, **Obedience To The Most High**, To Endure Life In A Community Based On The Laws Of **Nuwaubu**. However, Just Remember That Those Who Endure Until The End Will See The Mothership Or Crystal City Coming Down From The Orion Skies As Stated In (*Revelations 21:3*). Within A Nuwaubic Society You Must Restrain From Habits, Such As Lying, Stealing, Backbiting, Gossiping, Conniving Etc., Which Are All Tools Of The Evil One.

### Lying

**Ques: What Is A Lie?**

**Ans:** A "**Lie**" *"Is A False Statement Or Piece Of Information Deliberately Presented As Being True; A Falsehood, Anything Meant To Deceive Or Give A Wrong Impression. To Convey A False Image Or Impression."* Those That Tell Lies Or Invent Lies Are Wicked. A Lie May Be Just Words But It Can Seriously Harm Someone, And Result In Death. And According To The Laws Of Justice, The One Who Initiates Any Wrong Deed Is An Aggressor Whose Wrongs May Cause A Chain Reaction Of Wrong Deeds, Meaning, The Doer Of The Wrong Act Is Responsible For All The Wrongs That Resulted From What He Or She Did. Therefore, The One Who First Sowed The Seed Of Wrongs Must Reap The Whole Harvest (*Refer To "Breaking The Spell", Scroll #43*).

People Tell Lies Everyday; Regardless If They Are Big Lies Or Little Lies, A Lie Is A Lie. And When You Tell Lies, You Create Distrust And Disbelief. You Cause Others To Look At You In A Negative Way. A Person Who Lies Is A Deceitful Person. A Liar Is Also A Concealer Of Truth. And In (*Qur'aan 2:6-7*) It Says That Those Who Conceal The Truth Are Not Of The Faithful, They Have Seals On Their Hearts And They Will Suffer. And If **The Most High** Says That Liars Are Concealers Of Truth, And **Nuwaubu** Is Truth, Then This Means That These Liars Are Concealing The Facts. Anyone Who Tries To Cover The Science Of **Nuwaubu** Is Definitely Not The Type Of Person To Help Raise A Nation Or Live In A **Nuwaubic** Society. Beware Of Them, They Will Lead You Astray.



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If You Want To Be Trusted, Then You Will Have To Fulfill All Of Your Promises And Keep Your Word. When Someone Trusts You Enough To Tell You Their Inner Most Thoughts And Trust You With Their Belongings, Then They Are Trusting Your Integrity. When Someone Has Integrity, They Adhere To A Certain Code Of Behavior Called Morals And They Respect Others.

You Must Speak The Truth Even Though It Is Bitter To Others. Sometimes The Truth Is More Painful Than A Lie, But It Cures The Sickness Called **Ignorance**. If You Continue To Lie, Back-Bite, Slander, Steal And Gossip Against One Another, Then You Are No Better Than Anyone Else.

### **Slandering/Back-Biting**

**Ques: Is There A Difference Between Slandering And Back-Biting?**

**Ans:** When You Talk About A Person And Defame Their Name And Injure Their Reputation Or Well-Being; That Is Known As Slandering. You Hear It On The News, You Hear It On The Talk Shows, You Read It In The Newspapers And Slandering Has Become A Part Of Your Everyday Lives. When You Slander Someone's Character Or Reputation, That Is Known As Back-Biting. Back-Biting And Slandering Someone Is Against The Laws Of **Nuwaubu**. When You Back-Bite And Slander, You Damage A Person's Soul. At The Same Time, You Also Do Damage To Your Own Soul.

### *The Holy Tablets*

*Behaymaw (The Human Beast) - Chapter 6*  
*The Hell, Tablet 16:135-138*

*"I Was Brought To A Gate Of Hell And Showed Human Kind Hanging By Their Hair, And Was Told These Were Those Who Let Their Hair Grow To Adorn Themselves For Sin. (136) Others, I Was Shown Hanging By Their Eyelids That They Had Followers, Their Eyes Were Lustful. (137) Others Hanging By Their Noses, They Had Perfumed Themselves In Sin. (138) Others Again By Their Tongues For They Were Slanderers. Others Again By Their Skin, For They Robbed To Wear Precious Clothes."*

### **Gossiping**

**Ques: Is Talking About Someone In A Positive Form, Still Considered Gossiping?**

**Ans: Yes.** However, First Let Me Give You The Meaning Of The Word "**Gossip**" - "(1) Trifling, Often **Groundless Rumor**, Usually Of A Personal, Sensational Or Intimate Nature; Idle Talk. (2) A Person Who Habitually Engages In Such Talk."



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They Use The Word "**Groundless**" Which Means: "*Unsubstantiated, No Foundation, No Proof.*" In Other Words, Not Verified, Made-Up And The Word "**Rumor**" Meaning: "*Unverified Information Of A Certain Origin.*" The Point Is That **Gossip** Is Usually Based On Information That Someone Got From Someone Else, Who Got It From Someone Else And So On, But No One Knows Where The Information Really Came From. By Then, The Truth, If There Was Any In The First Place, Is Twisted Around From Each Person Adding Their Own Emphasis On It. When Information Is Derived By Means Of Mouth Or "**He-Say, She-Say**" It Is Usually A Lie.

Gossiping Is When 2 Or More People, Who Are Friends Get Together And Discuss Someone Else. They May Think That They Are Right, But Gossiping, No Matter How It Is Done, Is Wrong. It Doesn't Necessarily Mean A Conversation On Killing Someone Or Scheming Against Someone, Gossip Can Be About Anything. You Can Gossip About A Nation, A Person, Or A Community. It Is A Sick Disease And People Use Gossip To Detour The Attention From Themselves And To Hide Their Own Shortcomings. Nubians Suffer From What Is Known As "**The School Of The Monkey**". Meaning, They Like To Laugh And Joke In The Face Of Seriousness Instead Of Facing Themselves And Reality. The Caucasian Has Made Nubians Feel So Paranoid And Insecure That They Must Always Talk About Someone Else (Usually Each Other) To Make Themselves Feel Secure And To Keep Others From Talking About Them. Often Times When The Mind Is Idled (And An Idled Mind Is The Evil One's Playground) This Leads To Gossip Which Leads To Slander And Back-Biting. (*Romans 1:30*).

The Evil One Will Use You Anyway He Can. If He Can Get You To Say Things To Hurt Someone Else And Destroy Their Soul, You'd Better Believe That He Will. People Who Will Say Whatever Comes To Their Minds Are Usually Gossip Spreaders. They Speak Before They Think And They Do Not Take Time To Evaluate What They Are About To Say Or The Effect It Will Have On Others.

**A Child Of The Eloheem** Will Never Steal, Lie, Gossip, Backbite, Scream, Betray, Connive Or Cover Up For Wrong Doing, For They Will Only Suppress And Repress Everyone's Growth As Well As The Growth Around Them, Or Themselves (*Psalms 15:1-3*).

**Psalms 15:1-3**

**Modern Hebrew Script**

מִזְמוֹר לְדָוִד יְהוָה מִי־יִגוֹר בְּאַהֲלֶיךָ מִי־יִשְׁכֵּן בְּהַר קֹדֶשְׁךָ: הוֹלֵךְ תָּמִים וּפָעֵל  
צָדֵק וְדֹבֵר אֱמֶת בְּלִבּוֹ: לֹא־רָגַל עַל־לְשׁוֹנוֹ לֹא־עָשָׂה לְהַעֲהוֹ רַעַה וְיִקְרָפָה  
לֹא־נָשָׂא עַל־קֶרְבּוֹ:

**A MIZ-MORE' (SONG) OF DAW-WEED (DAVID "THE BELOVED"). YAHUWA, WHO WILL GOOR (SOJOURN) IN YOUR O'-HEL (TABERNACLE)? WHO WILL SHAW-KAN' (DWELL) IN YOUR KO'-DESH (HOLY) HAR (MOUNTAIN)? HE THAT HAW-LAK' (WALKS) TAW-MEEM' (COMPLETE [SPRIGHTLY]), AND FAW-AL' (DOES) SEH'-DEK**



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(*RIGHTEOUSNESS*), AND *DAW-BAR* (*SPEAKS*) THE *EH'-METH* (*TRUTH*) IN HIS *LAY-BAWB'* (*HEART*).

A Song Of David "The Beloved". Oh Yahuwa, Who Will Sojourn In Your Tabernacle? Who Will Dwell In Your Kodesh Holy Har "Mountain". He That Walks Complete And Does As A Zodoqite "With Righteousness", And Speaks The Truth In His Heart.

Right Translation In Aramic (Hebrew) By:

**Dr. Malachi Z. York**

Mistranslation For King James 1611 A.D.

*LORD, WHO SHALL ABIDE IN THY TABERNACLE? WHO SHALL DWELL IN THY HOLY HILL? HE THAT WALKETH UPRIGHTLY, AND WORKETH RIGHTEOUSNESS, AND SPEAKETH THE TRUTH IN HIS HEART. HE THAT BACKBITETH NOT WITH HIS TONGUE, NOR DOETH EVIL TO HIS NEIGHBOR, NOR TAKETH UP A REPROACH AGAINST HIS NEIGHBOR.*

**Ques:** What Other Disagreeable Habits Should A Child Of The Eloheem Strive To Relinquish?

**Ans:** Also As A Child Of The Eloheem Know That **Hastiness** Is An Enemy To Overstanding And Impatience Will Consume Overstanding; **Anger** Is The Desires Of The Heart And The Sin Of The Soul Which Make The Spirit Ill. And **Lust** Can't Be Contained As The Oceans Can't Be Contained, Only You Can Contain Yourselves; For Lust Will Destroy You. Disagreeable Things Should Not Exist In Your Heart.

A Child Of The Eloheem Should Not Be Gullible, And Should Not Easily Accept Any Statement, Belief, Assertion, Or Assumption That Is Lacking In Proof And/Or Is Unreasonable In The Light Of His Own Experiences. Don't Be Superstitious And Do Not Waste Time Giving Credence To, Or Playing Silly Games With Imaginary Spooks, Spirits, Gods, Idols, And Demons.

A Child Of The Eloheem Is Interested In The Future Or Welfare Of/For; Her/His Family, And Shuns Racism Or Any Social Interaction Whatsoever With The Inferior Minds Of The Haters. He/She Should Shun Sexual Discrimination Or Gender Favoritism. Do Not Declare Homosexuals And Lesbians Anything Other Than Fellow Human Beings With Their Own Sexual Preferences. Do Not Whimper, Complain Or Indulge In Self-Pity, But Instead Face Problems Realistically.

A Child Of The Eloheem Gets To The Root Of A Problem And Determines How To Solve Them.; He/She Is Not A Glutton Or Greedy, Never Loud Or Rowdy, Never A Show Off, Selfish, Or Revengeful.



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These Were Our Laws On Discipline And Organization, As Well As Commitment And Obligation To **Nuwaubu**. Now I Present To You The Laws On Hygiene. When You Take Care Of Your Body, You Are Also Taking Care Of Your Soul. A Clean Body, Keeps A Clean Mind And A Clean Heart.

### **Purity And Neatness**

**Right Knowledge** Partly Consists Of Cleansing One's Soul And Partly In Keeping Physically Clean And Pure. Purity And Neatness Of The Body Denotes Keeping It Clear Of All External Filth And Adorning It With Neatness And Good Manners. You Were Given The Basic Rules To Follow In What The Body Needs In Order To Be Healthy And Beautiful. A Healthy Body Is Always A Vibrant, Powerful Body Of Energy Coming From One Source. Thus, You Must Follow These Rules In Order To Sustain A Healthy Body Inside And Out.

I'm Sure You've Noticed What Happens When You Intake A Lot Of Junk Foods, Without Any Vitamins Or Minerals. First The Stomach Goes Bad, Then The Blood, Which Will Soon Affect The Entire Body. The Eyes Will Redden And One Thing Will Lead To Another Affecting Your Overall Appearance. You Need To Stop And Seriously Think About Your Bodies And How To Maintain Its Source Of Energy.

Physical Appearance Is Very Important And Most People Are Very Conscious Of Their Physical Appearance While Others Are Not. It Has Been Said That Many Things Can Be Detected From The Mere Physical, And I Find This To Be A Very True Statement. By The Appearance Of Some People You Can Tell The Class Of People They Are, What Their Personality Is Like, And The Quantity Of Cleanliness They Practice. Cleanliness Of The Body, Neatness Of Dress, And Tidiness Of All Articles Which Surround You, Have A Refreshing And Pleasant Effect On The Soul. The Body Also Feels More Relaxed And In Tune With Nature. On The Whole, Purity And Neatness Have An Invigorating Effect On Human Health. First I Would Like To Start With Bathing.

### **Bathing**

There Is No Excuse For A Man, Woman Or Child To Have Odors, Genital Or Otherwise. Odors Are Caused When Bacteria, Normally Present On The Skin, Feed Off Of Secretions And Skin Particles And In The Process, The Bacteria Eliminates Waste, Which Cause The Odor. Nubians Should Be Clean And Smell Good At All Times (As Your Great Ancestors Did Before You). Upon Waking In The Morning Bathe, Brush The Teeth, And Rinse The Nose With Water To Remove Excess Mucous Discharge. Wash Up During The Day As Needed, Especially During Hot Weather Or Heavy Activity. Women Should Never Use Feminine Hygiene Sprays.

Keep Your Body Clean By Taking A Bath Before Going To Bed And After Rising. Soaking In A Tub Hydrates The Skin, Which Helps In The Removal Of Dirt, Oils, And Dead Skin Flakes Deposited On The Skin. Soapy Water Acts To Penetrate The Skin, Causing The Flakes To Float Off. This Grime Then Floats To The Top Of The Bath Water, And Will Stick To Your Skin As



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A Film When You Stand Up. So It's Best To Rinse Off Under The Shower Afterwards. Tub Baths Also Help To Keep Women Internally Clean. (Women In The Habit Of Taking Baths Rather Than Showers Have Fewer Vaginal Infections Or Problems Becoming Infertile).

Warm Baths Are Soothing To The Nervous System And Helps In The Elimination Of Toxic Wastes Through The Skin. Cool Baths Are Invigorating, And Helps In Improving Circulation. Ten To Fifteen Minutes Of Soaking Is Usually Sufficient. By All Means Enhance Your Bath; Add Chamomile And Baking Soda To Increase Soothe Tired Muscles. Apply Your Favorite Fragrant Oil Afterwards. "Oil And Perfume Rejoice The Heart" (*Proverbs 27:9*). Do Not Use Dusting Powders Or Deodorants That Contain Talc Or Boric Acid.

**Ques: What Is The Proper Way To Bathe And Insure That All Areas Of Your Body Are Properly Cleansed?**

**Ans:** Men Must Take Care To Keep Their Genitals Clean, Remembering To Pull Back The Foreskin And Clean Underneath It. Women Too, Must Gently Clean Between The Folds (Labia) Of The Vagina To Ensure No Discharge Has Accumulated There. Remember To Remove Earrings And Nose Rings Once A Week To Clean Them. Oil And Dirt Collects On Them And In The Holes They Hang From, Becoming Rancid And Creating An Odor. Clean The Surrounding Skin, Hole, And The Jewelry With Alcohol. Males Are External, Meaning Their Sexual Organs Are On The Outside Of The Body. Females Are Internal, Meaning Their Sexual Organs Are Inside Their Body. Because Of This Fact, Females Must Cleanse Their Bodies Twice As Much As Men. However, This Is No Excuse For A Man Not To Take Baths Where You Sit In Water And Soak. You Should Wash Your Body As Often As Needed In Order To Be Free Of Unclean And Offensive Odors.

Females Should Sit In A Tub Of Water Each Day With The Lower Portion Of The Body, From The Waist Down, Submerged Under Water. The Water Travels Upward Into The Vagina And Helps To Cleanse The Walls Of The Vagina. However, Women Who Are With Child Should Not Sit Down In Water During The Last Six Months Of Pregnancy. The Temperature Of Water May Have A Harmful Effect On The Fetus. Whenever It Is Possible Or Available, Pure Rose Water Should Be Sprinkled Into The Bath Water. Rose Water Purifies The Water. Even Though It Is Not A Scriptural Law, This Should Be A Daily Practice.

### **Skin Care**

***"Beauty Is Only Skin Deep. So Have Beautiful Skin."***  
**From The Sayings Of Dr. Malachi Z. York**

**Ques: Does Extremely Hot Water And Perfume Soaps Do Any Harm To Your Body?**

**Ans:** When Bathing Do Not Use Extremely Hot Water Because It Damages The Skin. Cool Or Lukewarm Water Is Best For Your Skin. Use Soaps Without Perfumes And More Importantly, Use Soaps That Do Not Contain Pork By-Products. A Very Mild Soap With Honey In It Is Fine



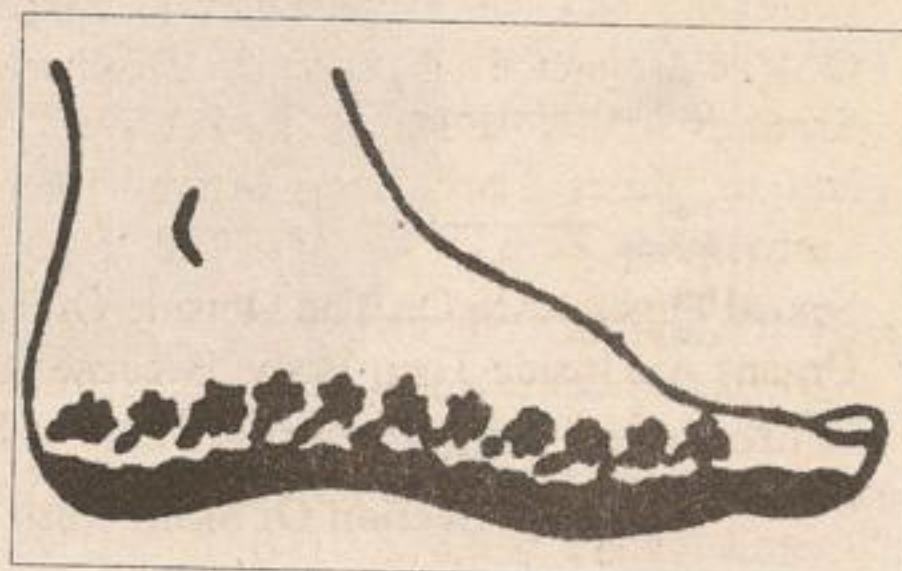
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For Cleansing The Skin. After All, That Is The Real Reason You Use Soap. Soap Is Strictly For Cleaning! Soaps Should Not Be Used To Scent The Skin. If You Smell Like Perfume After Bathing, Then You Can Believe That Your Body Is Not Clean. Because If You Can't Clean Away The Scent, Then You're Not Cleaning Away The Soap - Think About It!!! If You Want To Smell Good Use Body Oils. The Children Of Abraham Wear Body Oils Because It Is The Tradition Of Our Great Teachers. "Oil And Perfume Rejoice The Heart" (*Proverbs 27:9*).

**Ques: What Is The Difference Between Oil And Perfume?**

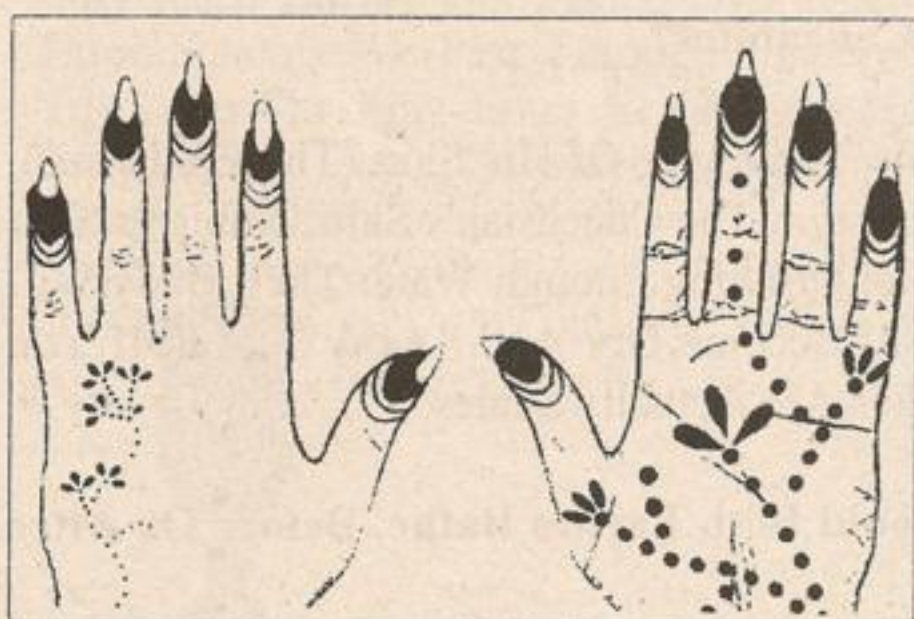
**Ans:** Oils Are Natural Scents That Do Not Contain Alcohol And Chemicals. Alcohol Opens The Pores Of The Skin. Thus, Chemicals That May Be Poisonous To The Body Can Enter The Blood Stream Through The Open Pores. When Perfumes Are Made In The Laboratory (Place Equipped For Experimental Study), Sometimes The Chemicals That Are Used To Produce A Particular Fragrance Are Not Always Harmless. The Chemical May Be Harmless In The Eyes Of The Environmental Protection Agency, However, It May Still Be Harmful To Your System.

**Henna** Can Be Used To Decorate The Body And It Is Harmless To The Skin. In Fact, Henna Is Very Good For The Skin Because It Cleans The Skin. Henna Can Be Used To Deep Clean Your Face (Pull Out Impurities). After The Skin Has Been Thoroughly Cleansed, It Has A Healthy Glow. The Ancient Kemites Crushed The Leaves Of The Henna Plant To Make This Red Dye.



**Diagram 1**

**Decoration Of The Feet With Henna**



**Diagram 2**

**Decoration Of The Hands With Henna**

**Henna** Is Used By Nubian Women In Many Countries As A Cosmetic To Enhance Their Beauty. The Sudanese Have Made The Application Of Henna A Refined Art, Decorating Their Hands If They Are Not Married, And Feet If They Are Married. Decorating With Henna Emphasizes The Delicacy Of The Fingers, The Slenderness Of The Ankles, And The Grace Of Movement.

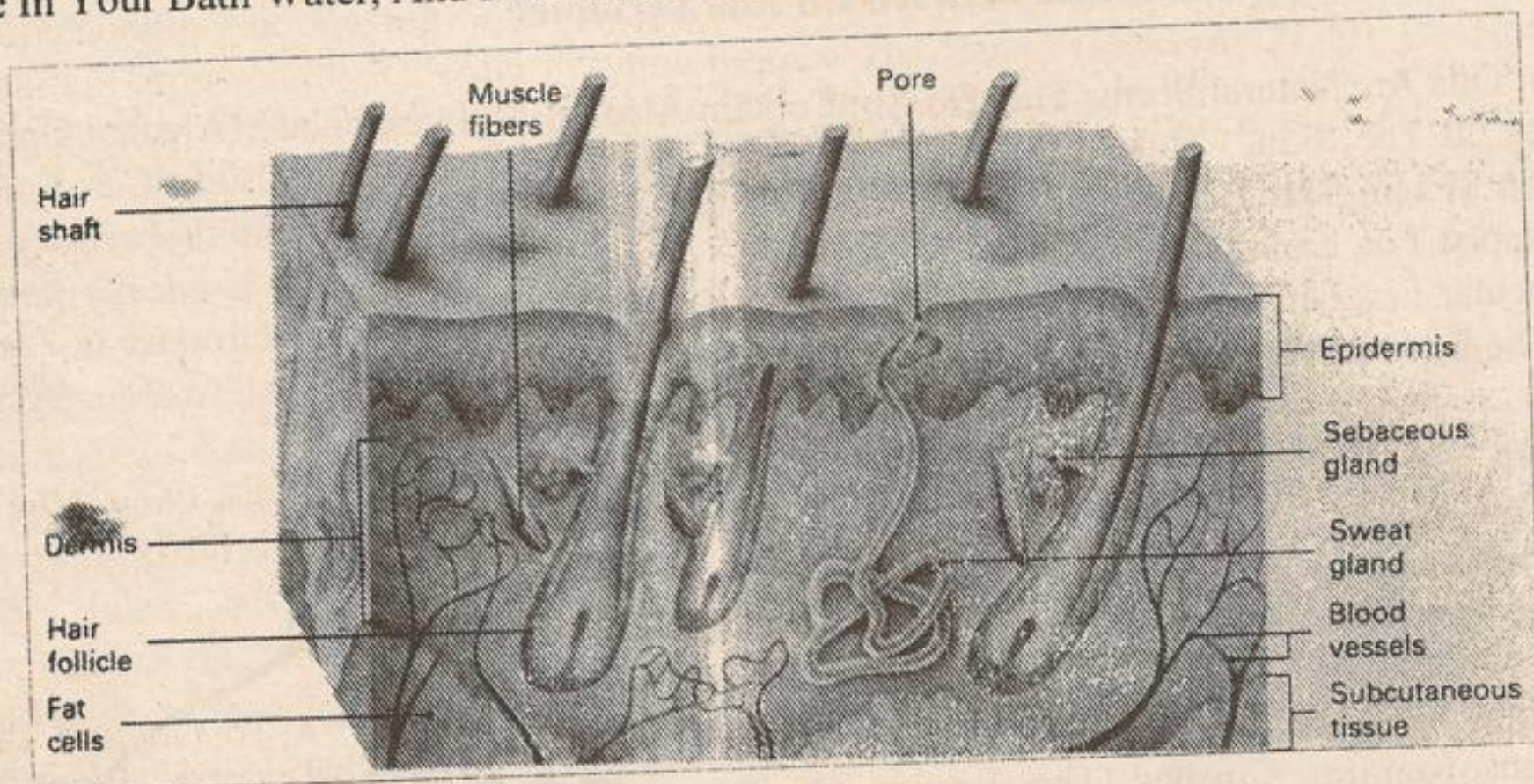
**Ques: Are Loofahs Good To Use When Bathing?**

**Ans: Yes.** A Loofah Or Vegetable Sponge Is Good To Use On The Skin When Bathing. It Comes From A Tropical Herb. It Is Very Good For Removing Dead Skin Cells, And Stimulates Circulation; Thus Making The Skin Smoother And Softer. If You Look Closely At Your Skin You Will Notice That Your Skin Is Like The Scales Of A Fish. This Is Because Before You



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Evolved Into Homo Sapiens, You Were Sea Creatures. Everybody Has Scales When You Don't Put On Oil Or Lotion, You Easily See The Scales On The Skin, It Is What You Call **Ash**. However Oils, Lotions, Or Grease Is Suggested To Be Used At A Minimum, Because These Lubricants Clog The Pores, Causing Pimples And Blackheads, And Prevent The Shedding Of Dead Skin Cells. Olive Oil And Aloe, However, Do Not Clog The Pores. You Should Understand That The Body Has A Lot Of Pores, And Pores Allow The Body To Breathe And Excrete (Dispose Of) Waste Products. If The Skin Is Dry, Massage In A Little Olive Oil Or Put Some In Your Bath Water, And Remember To Drink Plenty Of Water.



**Diagram 3**  
**Cross Section Of Skin: Notice The Outer Layer Of Dead Cells (Scales)**

**Ques: Is The Dry Skin On Nubians The Same As Canaanites?**

**Ans:** No, The Canaanite's Skin Has Dead Tissue. The Top Layer Of His Skin (The Epidermis), Peels Because Of Dryness Due To Leprosy. Different From The Caucasian's Skin, Nubian's Skin Produces It's Own Natural Oils. But If A Nubian Is Not Drinking Enough Water Their Body Will Stop Producing This Natural Oil And Their Skin Will Become Dry And "Ashy". And If You Were To Scratch The Skin It Will Flake. Theses Flakes Are Actually Scales.

**Ques: When Engaging In Sexual Intercourse, Should Both Parties Bathe, Before Or After Intercourse?**

**Ans:** Yes. Before And After Engaging In Sexual Intercourse, Men, As Well As Women Should Perform Ghusl In The Same Manner As If She Was To Get Clean. After Intercourse, You Should Never Lie Around Or Go To Sleep Without Performing Ghusl Because The Impurities Can Cause Infections, Especially In Women. **Note:** Always Wash Your Body Before And After Intercourse.

**Leviticus 15:18**

**Modern Hebrew Script**



וְאִשָּׁה אֲשֶׁר יִשְׁכַּב אִישׁ אִתָּהּ שִׁכְבַּת-זָרַע וְיִרְחֲצוּ בַּמַּיִם וְיִטְמְאוּ עַד-הָעֶרֶב:

THE ISH'-SHAW (FEMALE LIVING BEING) ALSO WITH ASH'-ER (WHOM) EESH' (MALE LIVING BEING) WILL SHAW-KAB' (LAY DOWN TO HAVE SEXUAL INTERCOURSE) WITH ZEH'-RAH (SPERM SEED) FOR THE PURPOSE OF SHEK-AW-BAW' (COPULATION, SEXUAL INTERCOURSE), THEY SHALL BOTH RAW'-KHATS (BATHE) THEMSELVES IN MAH'-YIM (WATER), AND BE TAW-MAY' (UNCLEAN, IMPURE) AD (UNTIL) THE EH'-REB (DUSK).

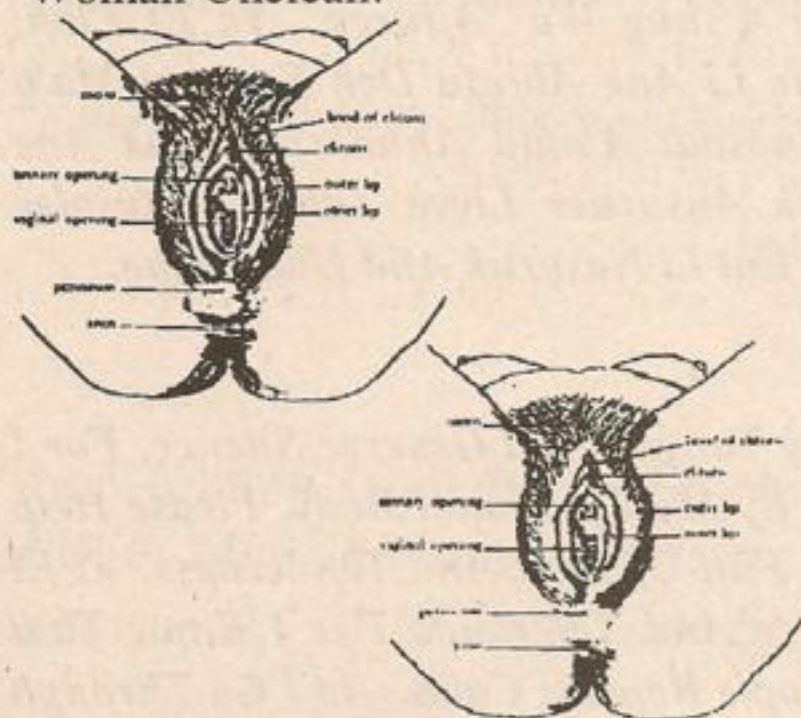
The Female And Also The Male Who Have Sexual Intercourse And The Semen Is Exchanged While Having The Sexual Intercourse, Both Of Them Are To Take A Bath In Clean Water And Be Unclean Until Dusk.

Right Translation In Aramic (Hebrew) By:  
**Dr. Malachi Z. York**  
Mistranslation For King James 1611 A.D.

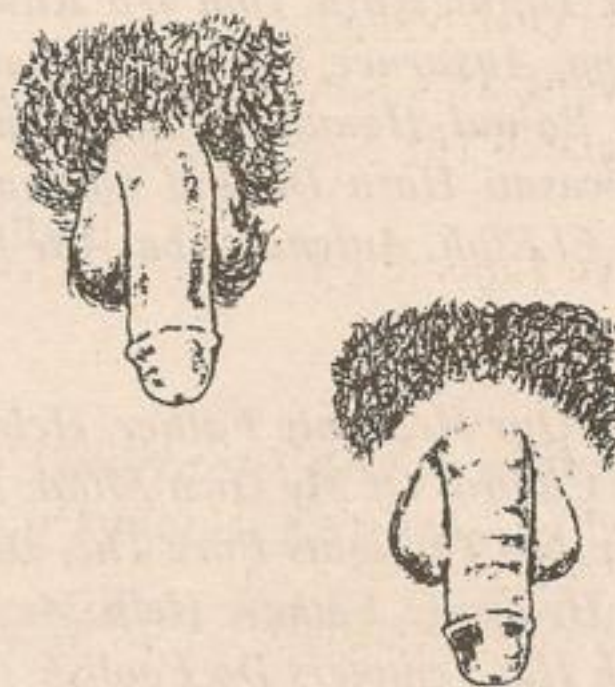
"THE WOMAN ALSO WITH WHOM MAN SHALL LIE WITH SEED OF COPULATION, THEY BOTH BATHE THEMSELVES IN WATER, AND BE UNCLEAN UNTIL THE EVEN."

**Ques:** Can Women Go Into The Manzil El Rabb While Menstruating?

**Ans:** Nowhere In The Scriptures Does It State That Women Are Not To Go Into Or Pass Through The Manzil El Rabb "*House Of The Sustainer*", In A State Of Impurity, Because The Manzil El Rabb Is A Place For Meetings, Ceremonies, And Other Purposes In The Manzil El Rabb (*Leviticus 15:31*) Is Being Used As The House Of Worship Or Prayer Or A Holy Place, Where They Talk Of Defiling The Tabernacle, They Use This To Say She Cannot Enter The Holy Place During Her Period Of Menstruation Because She Is Considered Unclean; Under The Three Schools We Past Through Namely Mosesism, Christism, And Muhammadism. Yet In Nuwaubu She May Enter El Gudush Haykal Also Called El Haykal Shil Nuwr In Qodesh Because We Don't Consider A Natural Cause Of Nature "Menstruation", As Rendering A Woman Unclean.



**Diagram 4**  
**The Female Process Of  
Complete Purification**



**Diagram 5**  
**The Male Process Of  
Complete Purification**



### **Menstruation**

**Ques: How Should Women Cleanse Themselves Properly When Menstruating?**

**Ans:** When Women Menstruate, It Is A Cleansing Process, And One Must Be Especially Clean During This Time. Use Sanitary Napkins And Change Them Frequently. Wash Up During The Day With Soap And Water, Changing Underwear As Needed. Perfumed Or Deodorized Pads Provide No Additional Benefit And The Chemicals They Contain Can Cause Skin Allergies.

When A Woman Is Menstruating, Bathing In A Tub, Sitting In Water, Is Not Recommended. During Menstruation, A Woman's Body Is Experiencing Many Changes. Also The Pores Are Open. At This Time, Women Are Very Susceptible To Infections. You Should Not Sit In A Tub Of Water When You Are On Your Cycle Because, The Water Will Become Unclean From The Blood And Get Into Your Pores, Causing Infections, This Is A Fact.

**Ques: Is There Anything Else A Woman Should Be Mindful Of When Menstruating?**

**Ans:** Yes, You Should Be Very Mindful That You Are In An Impure State And That Your Emotions Are Heightened At This Time. Some Women Suffer More Severely From Menstrual Cramps And Pains Than Others. You Should Be Careful Of The Things That You Say And Do. The Following Is A Prayer That You Should Recite When You Are Unclean.

### **Prayer For Unclean Women**

*Ya El Eloh, Anlynnaa Aba, Ansurnee Liyya Batu' Lasunee Wa Nazur Sakut, Li Ane Ma Fi Giyud Shil A'gulee. Li Ane Malaktu Bi A'tufalee Gisum. Min Fadluk Nasurnee Liyya Sawun Bazunaatee Tahur Haza Yom Wa Ruwhee Malu-a Shi A'shug Wa A'tuees. Ya El Eloh, Anlynnaa Aba, Ansurnee Liyya E'nd Sabur Wa Sabulane Li Ane Abrefu Dek Enosaat Ma'a Har Sajuy Bamul Hamugish Shaayuaat; Hakumat Enosaat A'mud Ahud. Amma Ane Azhebu Biwasati Haza Dakhul Istathaar, Min Fadluck Ansurnee Liyya Tahur Nafusalee Gisum. Ya El Eloh, Anlynnaa Aba, Ane Bi-Tawud Tarug Ent Li Nasuruk And Haduwane.*

*"O El Eloh, Our Heavenly Father, Help Me To Slow My Tongue And Observe Silence, For I Am Not In Control Of My Own Mind. For I Am Ruled By My Emotional Body. Please Help Me To Keep My Thoughts Pure This Day And My Soul Full Of Love And Tenderness. O El Eloh, Our Heavenly Father, Help Me To Have Patience And Tolerance For I Know That People With Hot Tempters Do Foolish Things; Wiser People Remain Calm. As I Go Through This Internal Purification, Please Help Me To Purify My Spiritual Body. O El Eloh, Our Heavenly Father, I Humbly Beg You For Your Help And Guidance."*



**Ques: Are Tampons Safe To Use?**

**Ans: No.** Tampons Should Not Be Used At All. Because They Do Not Allow The Blood Or Uterine Lining To Flow From The Body Properly. When Tampons Are Not Changed They Provide An Environment In Which Bacteria Multiply And Produce Poisons Called **Toxins**. **Toxic Shock Syndrome** Is A Life Threatening Illness.



**Figure 32**  
**Tampons**

During Menstruation, A Woman Is **Forbidden** By Law To Be Intimate With Her Mate. (*Leviticus 15:18*) No One Is To Touch Her Issue (Blood), For They Will Become Unclean Until The Evening. Also Remember To Exercise Regularly, It Helps Relieve Cramps And Premenstrual Syndrome (Irritability, Depression, Etc.). Never Douche When Menstruating, Discharged Material May Be Forced Back Into The Uterus It May Cause Infections.

### **Performing Ablution After Menstruation**

**Ques: Are There Rituals For Performing Ablution After Menstruation?**

**Ans:** To Perform Ablution Is A Custom That We Follow. The Descriptive Way That It Is Presented Is Not In The Scriptures, But This Is The Way To Purify Yourself After Being Unclean. After Menstruating A Total Of Seven Days, A Women Must Purify Herself (*Leviticus 15:19-28*). This Is Done By Performing Ablution, Translated In Aramic/Hebrew (**Rakhats** רָחַצְתָּ), Ashuric/Syriac (Arabic) (**Ghusl** غسل), Is A Derivative Of The Root Word **Ghusala** (غسل), Meaning "*To Bathe*" (*Leviticus 15:13*).

To Perform Ablution First You Must Say Your Intentions For Ghusl:

### **Intentions For Ghusl**

***"Ane Abmelu Istawdaa-a Liyya Akhuz El Gur Tahuraat. Ane A'wethu Bi Shil El Eloh Min Shaytun El Rajum. Bi El Isum Shil El Eloh El Rahmun, Alazi Izu Rahummul. Bi El Isum Shil El A'zum. El Hamudtud Izu Li El El Eloh Li El Hag, Sahuh A'lum."***



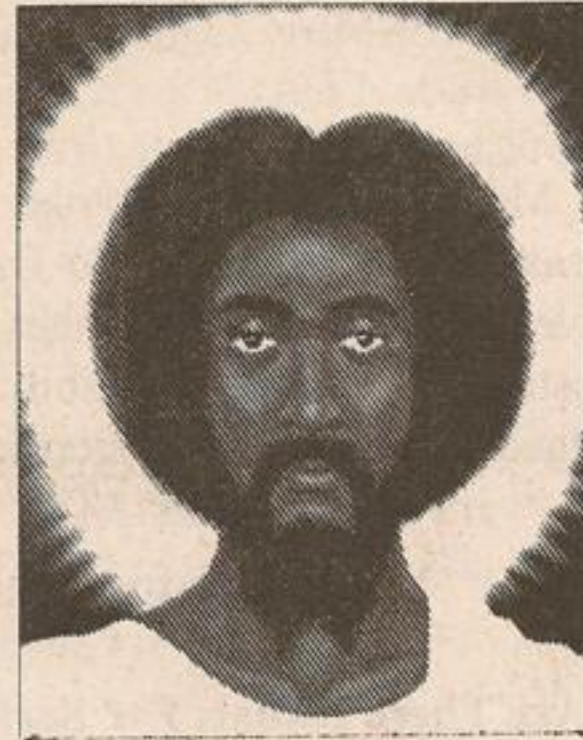
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***"I Make Ablution To Take Away The Impurities. I Seek Refuge By Way Of The Source From Shaytaan The Cursed. In The Name Of El Eloh The Yielder, The Merciful, In The Name Of The Supreme. The Gratitude Is Due To The Source For The Truth, Right Knowledge."***

Fill The Bathtub Up With Water And Sit Down To Soak And Wash Your Body. After Soaking And Washing Is Done, Let The Water Out Of The Tub And Turn On The Water From The Shower And Proceed To Wash The Body. Wash The Upper, Right Half Of The Body First, Front And Back; Then The Lower, Right Half Of The Body, Front And Back; Then Wash The Upper, Left Half Of The Body, Front And Back, Then The Lower Left Half. Make Sure That The Water Hits Hard To Reach Places Such As Between The Buttocks, Behind The Knees, Navel, Etc.

Although There Is No Correct Way To Purify The Body, The Aramic (Hebrew) Word **Metuwah** (מטוּוּחַ) Is Found In The Scriptures To Mean **"Immerse"** Or **"To Dip"** As In Baptizing. As You Know Baptism Is Purification. Baptizing Was An Ancient Ritual Perform By The Ancient Hebrews. The Vessel Or Tub Which Was Used For Immersion Is Called **Mikwah** (Mikveh, מִקְוֶה) Which Is Defined **"As A Body Of Water (That Is A Pool, A River, A Lake, Or An Ocean) In Which A Person Who Has Become Ritually Impure, Purifies Himself By Immersion."**



**Figure 33**  
**Yashua (Jesus) Son**  
**Of Gabriel And Mary**

The Essenes Are A Brotherhood Who Existed During The Time Of Jesus Of 2,000 Years Ago. They Had Such Rituals As **Mikwah** Or Bathing In Large Tubs Of Water Every Morning. Jesus Himself Was A Member Of The Essenes (*Refer To Christ: The Final Messenger Edition #87, The Holy Tablets, Chapter 15*).

Also Rinse Your Mouth And Your Nose. Women Should Make Sure That They Remove (Shave) The Hair From The Armpits. Hair That Is Left Underneath The Arms Is Very Unsanitary; It Is A Haven For Odors And Bacteria. To Complete The Purification Process, The Private Area Should Also Be Shaved.

In Shaving The Private Area, A Woman Should Only Remove Pubic Hair From The Area Immediately Around The Vagina Where It Is Easy For Moisture To Build Up; And The Hair Outside Of That Area May Be Clipped Down To 1/4 Of An Inch. Do Not Shave All Of The Pubic Hair Off. It, The Hair, Acts As A Cushion And Shock Absorber.

### **Douching**

**Ques: How Should A Woman Cleans Herself Internally?**



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**Ans:** Women Should Also Perform Internal Bathing After Menstruating, Or After Having Sexual Intercourse. A Woman's Genital Area Can Hold More Odor Than Any Other Part Of Her Body. Douches Are Used, To Purify The Vaginal Canal After Menstruating Or Sexual Intercourse Since It Cleans Out The Remaining Discharge. When Douching, The Water Should Be Boiled To Sterilize It, Whether The Douche To Be Taken Is With Warm Or Hot Water. The Water Should Be 105 Degrees Fahrenheit, For Cleansing Purposes And 115 Degrees Fahrenheit When There's An Infection Present.

Make Sure That All Of Your Equipment Has Been Thoroughly Washed With Hot Water And Soap Before You Begin To Douche. Never Use A Strong Antiseptic Solution As A Douche, For If It Is Too Harsh, It Can Cause Serious Harm To The Womb. Vinegar And Water (One Or Two Tablespoons Of Vinegar To One Quart Of Water) Can Be Used As A Douche Solution; Using Warm Water. Remember To Clean The Nozzle And Tubing Properly, And Allow The Whole Apparatus To Dry Thoroughly Before Putting It Away.

A Boric Acid Solution Is Advisable To Use In The Case Of Relieving Inflammation; And Water Should Be As Hot As Can Be Tolerated. This Is Also True For The Relief Of Swelling In The Pelvic Organs.

Cleansing Of A Woman's Internal Organs Is A Necessity. Women Are To Be Clean And Smelling Pleasant At All Times. You Should Douche At Least Once A Month Or As Recommended. Do Not Douche Too Frequently As The Vagina Is Naturally Self Cleansing, Clearing Out Old Cells And Menstrual Blood. This Will Remove The Beneficial Bacteria Which Help Maintain The Acidic Balance In The Vagina. Douching Too Often Can Cause A Washing Away Of The Protective Mucous Plug That Covers The Cervix; To Prevent Organisms From Entering The Uterus. Also This Acidic Balance Prevents Yeast, Fungi, And Other Harmful Organisms From Multiplying And Causing Infection Up Into The Uterus And Fallopian Tubes. Never Douche When You Are With Child, It May Harm The Fetus.

Normal Vaginal Discharge Is Skimpy And Spotty, Clear Or White And Sticky, With A Mild Odor. It Dries As A Yellowish Stain On Underclothes. Regular Douching May Spread A Vaginal Infection Into The Uterus And Fallopian Tubes. This Can Be Done By Forcing Contaminated Water Upward From An Infected Vagina.

When You Douche, Use Gentle Water Pressure Forcing Fluid Into The Uterus. Some Commercial Douches May Disturb The Chemical Balance Of Your Vagina. Vinegar-Water Is Less Likely To Cause This Problem. Because A Solution Of Vinegar And Water Is Closest To The Ph Of The Vagina Which Is Alkaline Balanced, Use One Or Two Tablespoons Of Vinegar Per Quart Of Water.

**Douching Is Used For Various Reasons:**

- A.** To Clean The Vagina And Remove Odors
- B.** To Prevent Infection
- C.** To Relieve Inflammation

- D.** To Reduce Congestion.
- E.** To Reduce Irritable Discharging



## Eyes

*"When You Open Your Eyes, All The Lights Of Earth Come On."*

**From The Sayings Of Dr. Malachi Z. York**

Take Good Care Of Your Eyes. Do Not Expose Them To Glaring Lights And Do Not Stare At The Sun. Do Not Read In Either Faint Or Intense Light; Always Study Under Clear And Soothing Light. Never Strain The Eyes, It Weakens The Eye Muscles. If You Do A Lot Of Reading Or Close Work, You Can Prevent Or Relieve Eye Strain By Periodically Shifting Your Gaze Off To The Distance; Or By Rubbing Your Hands Together Rapidly Until Very Warm, Then Immediately Cupping Them Over Both Eyes For A Few Minutes While Allowing Your Eyes To Relax. Cool Compresses Are Also Soothing. Avoid Keeping Yourself Awake For Too Long; Fatigue Makes Your Eyes Weak. Protect Your Eyes From Filth And Dust.

Sties, Sores, Or Inflammations Can Be Relieved By The Use Of Herbal Teas Such As Eyebright, Fennel, Or Goldenseal, In An Eye Bath. Dip The Face Directly Into A Bowl Of Warm Tea For Thirty Seconds To One Minute, Then Dip It In A Separate Vessel Of Cold Water For A Few Seconds. Alternate These Warm And Cold Baths Two Or Three Times A Day. Eyebright Tea Strained Can Also Be Used As An Eye Wash.

**Ques: Are Eyeliners Harmful To Your Eyes?**

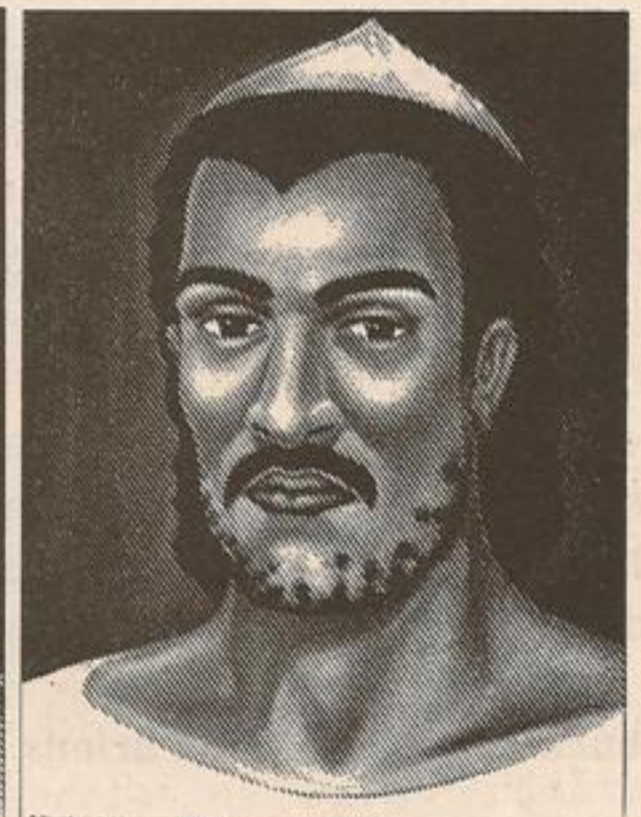
**Ans:** Yes, You Should Apply Kohl To Eyes Instead Of Synthetic Eyeliners Adulterated With Harmful Ingredients Such As: Lead And Dye. Kohl Was Used By The Ancient Egyptians. Joseph The Son Of Jacob And Rachel Also Wore Kohl. Pharaohs Applied It To Their Eyes To Make Them Appear Flawless And Perfect As Gods, And To Ward Off Evil. Kohl Is Natural, It Relieves Pressure In The Eyes And Helps Clean Them. Men Can Use It Too For This Purpose (Medicinal), Applied Inside The Lower Eyelash Line. Use The Pure Powder For Medicinal Purposes. Avoid Using The Eye Makeup From Others, As This Can Cause The Spread Of Infection, If One Is Present.



**Figure 34**  
**Rachel Daughter Of**  
**Laban And Munkeen**



**Figure 35**  
**Jacob Son Of**  
**Isaac And Rebecca**



**Figure 36**  
**Joseph Son Of**  
**Jacob And Rachel**





**Figure 37**  
**Egyptians Wearing Kohl**

If You Need Glasses, Wear Them. Do Not Think That Glasses Make You Unattractive. In Fact, They May Be Used To Enhance Your Beauty. Wear Tasteful Frames And Colors That Fit Your Face Well, And Are Not Too Heavy. If You Wear Contact Lenses Keep Them Clean As Directed, And Do Not Leave Them In The Eyes Too Long, As This Can Damage The Eyes.

The Eyes Are The Visions Of Your Deepest Thoughts And Emotions Which Radiate Through Them, Consequently, Rendering Them As Windows Of The Soul, Revealing That Which Is In The Spirit.

There Is Another Eye Besides The Physical Eye. It Is The Third Eye (Inner Eye Or Brow Seat, Located In The Space Between The Eyebrows). The Third Eye Connects The Physical Body With The Etheric Body (Oversoul), By Way Of The Twelve Cranial Nerves Which Lead Out Of The Brain. From The Etheric Body Energies Are Drawn Into Oneself, And Channeled Through The Glands (Pineal Gland, Pituitary Gland, Thyroid, Thymus, Liver, Spleen, And The Uterus Or Prostate), Of The Physical Body, By Which Health Is Maintained. By Raising The Seat Of Light (Spiritual Energies), Up Through The Spinal Nerves (Chakras), Of Which The Solar Plexus Is One Example, One Can Open The Third Eye. One Becomes Sick When The Etheric Body Becomes Disconnected With The Physical Body, Cutting It Off From Its Energy Source (Life Source).

The Ancient Pharaohs Also Represented The Third Eye By Wearing A Symbol Of The Serpent On Their Forehead, Which Also Represented Medicine, And Purity. The Serpent Was Not A Wicked Symbol To You When You Ruled Ancient Kemet (Egypt), And Is Not The Symbol Of The Evil One, As The Christians Would Have You Believe. That Is Not In The Torah. In *Genesis 3:1* Where They Have Written "Serpent". Is Really Written The Word "Nakhash",

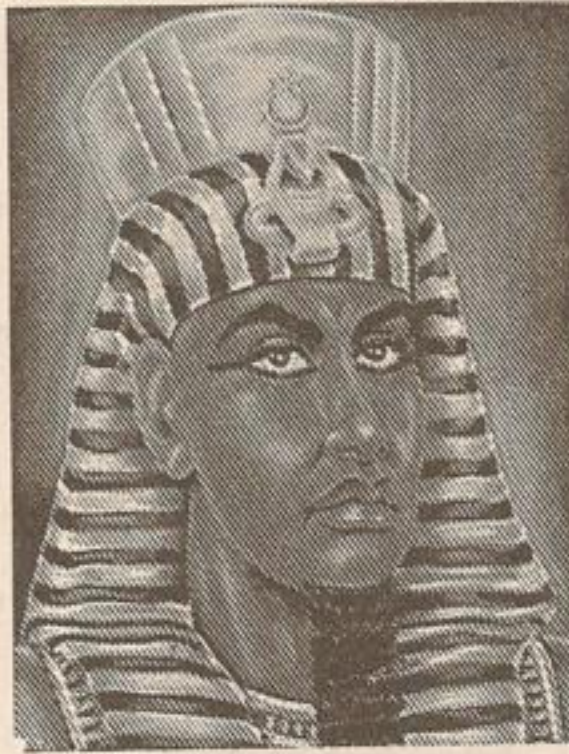


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Which Means, "*Whisperer*". Nakhsh (נחש) in Aramic (Hebrew) (קרח) Is "*Khanass*" (نخاش) In Ashuric/Syriac (Arabic). We Know This Because It Was A Serpent Of The High Priest Aaron, Son Of Amram And Jochebed, That Consumed The Serpent Of The **Pharaoh Rameses II**.



**Figure 38**  
**Aaron Son Of Amram**  
**And Jochebed**



**Figure 39**  
**The Pharaoh Rameses II**



**Diagram 6**  
**The Third Eye**

Now Why Would Aaron Use A Wicked Being To Consume Another Serpent? To This Day The Symbol Of The Sword With 3 Serpents Around It, Called The Caduceus, Symbolizes Healing And The Kundalini (Life Force); Originated In Ancient Egypt. This Is Also Used As The Symbol Of Modern Medicine.



**Diagram 7**  
**Caduceus: Symbol Of Healing**



**Figure 40**  
**Egyptian Snake Wall Painting**

The Following Verse Refers To The Third Eye, And Illustrates Its Connection To The Solar Plexus.



Matthew 6:22

Modern Greek Script

ο λυχνοϋ του σωματοϋ εστιν ο οφθαλμοϋ. εαν ουν η ο οφθαλμοϋ σου  
απλουϋ, ολον το σωμα σου φωτεινον εσται:

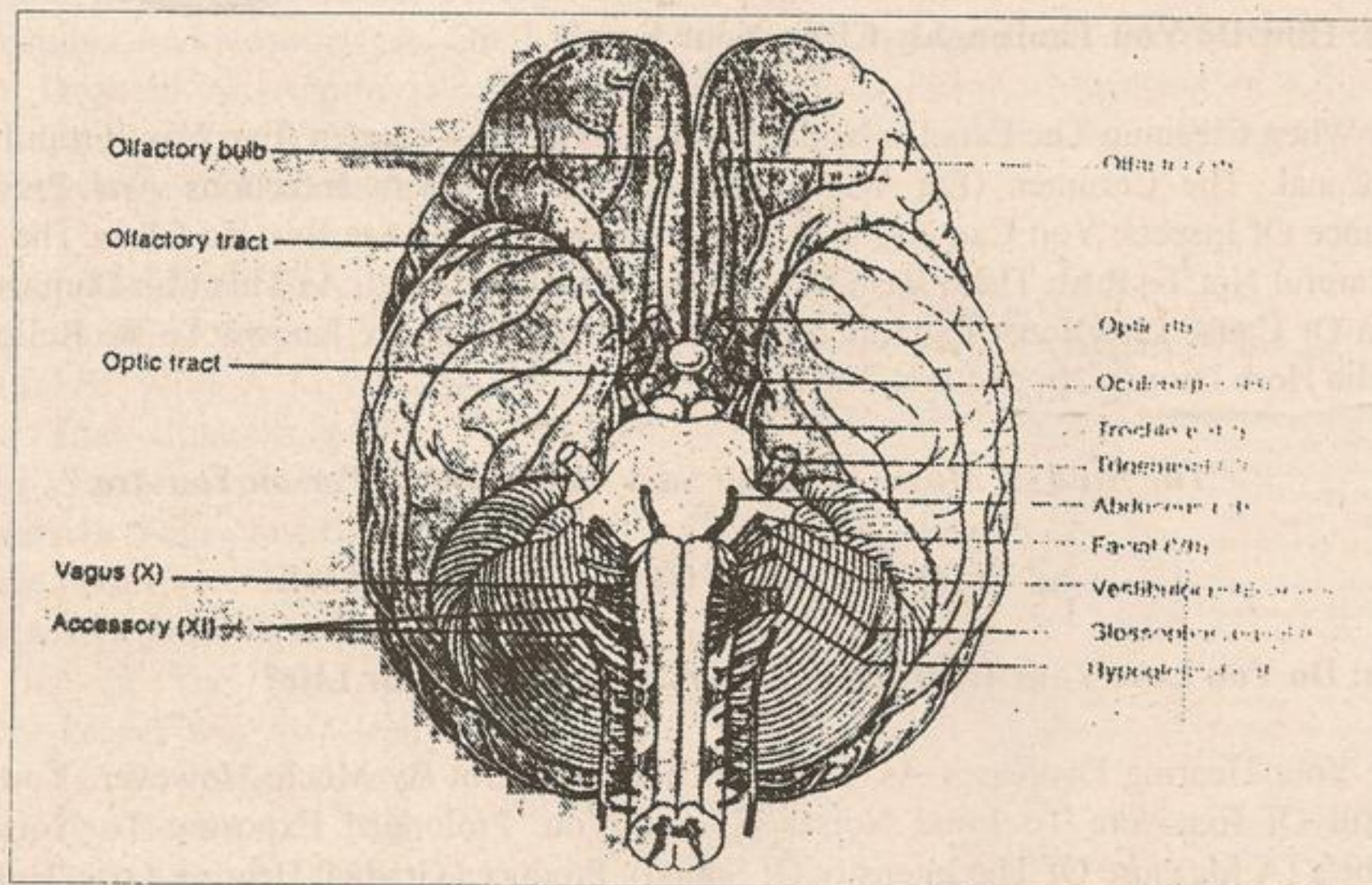
**THE LOOKH'-NOS (LIGHT) OF THE SO'-MAH (BODY) ES-TEE (IS) THE OF-THAL-MOS  
(EYE): EH-AN (IF) OOn (THEREFORE) SOO (YOUR) OF-THAL-MOS (EYE) O (BE)  
HAP-LOOCE (SINGLE), SOO (YOUR) HOL'-OS (WHOLE) SO'-MAH (BODY)  
ES'-OM-AHEE (WILL BE) FO-TI-NOS (FULL OF LIGHT).**

**The Light Of The Body Is The Eye: If Therefore Your Eye Is Single, So Your Whole Body  
Will Be Full Of Light.**

Right Translation In Greek By:  
**Dr. Malachi Z. York**

Mistranslation For King James 1611 A.D.

*"THE LIGHT OF THE BODY IS THE EYE: IF THEREFORE THINE EYE BE SINGLE, THY  
WHOLE BODY SHALL BE FULL OF LIGHT."*



**Diagram 8**  
**The Twelve Cranial Nerves Entering The Brain**



### Eye Brows

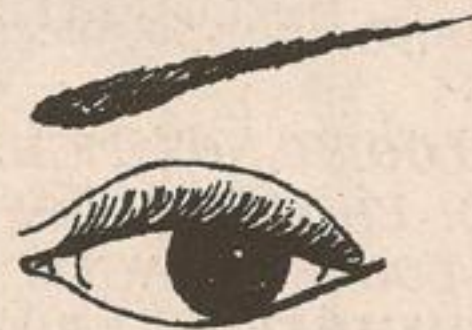
**Ques:** Should Women Pluck Their Eyebrows?

**Ans:** Women May Pluck Their Eyebrows As Long As The Shape Of The Eyebrows Is Not Altered.

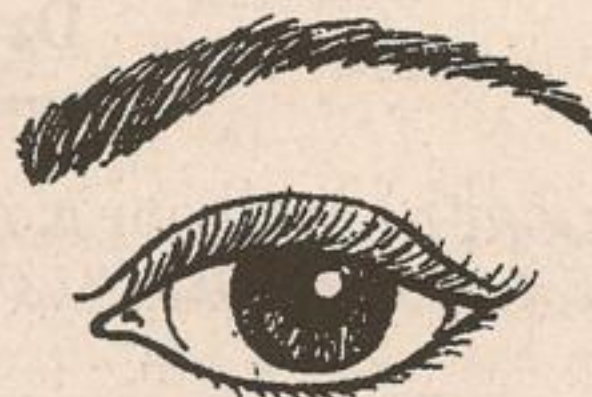
**Diagram 9** Shows An Unnatural Slant Which Tends To Make A Person Appear Vicious. Some Women Think That Slanting The Eyebrows, And Looking Like A Cat Is Attractive, However, It Is Not.



**Diagram 10** Shows 1/4 Of An Eyebrow. This Is Unnatural. Some Women Shave The Eyebrow Until It Is Almost Gone; And Then Draw The Rest In With A Pencil.



**Diagram 11** Shows The Correct Way To Wear Your Eyebrows. Notice The Natural Arch. When Shaping The Eyebrow, You Should Only Remove Excess Hairs.



### Ears

**Ques:** How Do You Thoroughly Clean Your Ears?

**Ans:** When Cleaning The Ears Do Not Remove All Of The Cerumen (Ear Wax) From Inside The Ear Canal. The Cerumen (Ear Wax) Protects The Ear From Infections And Prevents The Entrance Of Insects. You Can Use Cotton Swabs, But Q-Tips Are Best To Clean The Ears. Just Be Careful Not To Push Them Past The External Auditory Canal, As This Can Damage The Ear Drum Or Cause Infections. Ear Inflammation And Infection Are Known To Be Relieved With Lobelia Herb Drops, Dripped Into The Ear.

*"The Kind Of Music You Like Says What Kind Of Person You Are."*

**From The Saying Of Dr. Malachi Z. York**

**Ques:** Do You Lose Your Hearing At A Certain Time In Your Life?

**Ans:** Your Hearing Decreases As You Get Older, But Not By Much. However, You Must Be Careful Of Exposure To Loud Noises Around You. Prolonged Exposure To Noises Of 85 Decibels (A Measure Of The Intensity Of Sound), Produces Gradual Hearing Loss. Noise Above 100 Decibels, Even Briefly, Can Cause Permanent Damage. Sudden Intense Noise Like A Gunshot Or Explosion (At 130 Decibels Or More), Can Damage The Hearing Instantly, By Tearing The Delicate Tissues Of The Inner Ear.



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Sustained Noise, As When One Frequently Listens To Loud Music, Can Be Just As Dangerous. The Noise Flattens Tiny Hair Cells Within The Inner Ear, That Transmit Sound To The Nerves. As The Hair Cells Wilt, One May Feel A Pressure, Buzzing, Or A Ringing In The Ear, Called **Tinnitus**. If The Ears Get Some Rest The Symptoms Will Subside And The Hairs Will Regain Their Normal Upright Position. However, Continuous Exposure To Loud Noise Eventually Causes The Hair Cells To Lose Their Resistance; Gradual Hearing Loss Is The Result.

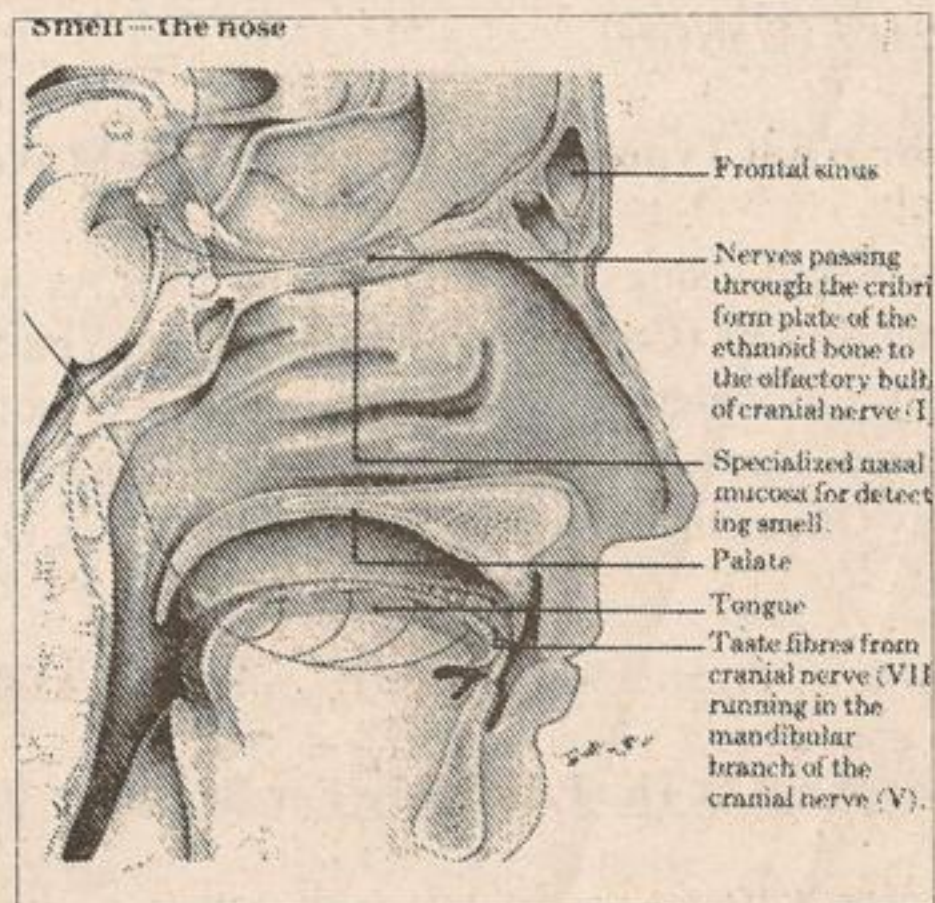
Walkmans, For Example, Can Funnel Blasts Of 110 Decibels Or More Into The Ear, Equaling To That Of A Rock Concert. If You Can Hear The Music Of A Walkman Of Someone Sitting Next To You, Then It Is Damaging Their Ears. In Fact Wearing Earphones And Listening To Loud Intense Music Fries Your Brain. Because Music Is Sound Waves. Just Like A Microwave Carry Waves And Cook Food, Music Waves Are Also Carried To Your Brain And Therefore Cooks Your Brain. Merely Washing All Aspects Of **Right Reasoning**. (Refer To "**Man From Planet Rizq**", Scroll #80).

### **Nose**

**Ques: How Should You Clean Your Nose?**

**Ans:** Keep The Nose Clear Of Excess Mucous And Dust. One Can Clean The Nose If Needed By Sniffing Cool Water Up Into The Nose And Then Gently Blowing It Out. Saline Solution (One Teaspoon Of Salt To One Cup Of Warm Water), Is Beneficial For This Purpose, Especially If Congestion Or Inflammation Is Present. Do Not Pick The Nose, It Is Unsightly And Can Cause Infections And Nose Bleeds. Discharging Phlegm Or Mucous From The Nose Or Mouth Should Be Done In An Appropriate Place Out Of Sight Of People. Mucous Can Kill You, Literally. It Can Build Up In Your Lungs And Clog Your Membranes. Drinking Plenty Of Water Flushes The System Of Mucous And Other Impurities.

The Nose Is The Main Entrance To Your Respiratory System. The Nose Is Linked With A Mucous Membrane That Contains Many Tiny Blood Vessels. Avoid Putting Your Fingers In Your Nostrils To Clean Them. Whenever The Need Arises, Clean The Nose And Clean It Well Out Of The Sight Of People. The Proper Way To Clean The Nose Is To Sniff Water Lightly Into The Nostril And Then Blow It Out Of The Nose.



**Diagram 12**  
**The Nose Is A Very Delicate Membrane**



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Do Not Clean Your Nostrils In This Manner Too Often; Or Inhale & Exhale The Water Too Hard Because This Could Cause Damage To The Membrane. There Is No Reason For You To Put Your Fingers In Your Nose. Once Again The Importance Of Water Must Be Stressed. It Cleanses The Body Externally As Well As Internally. When You Put Objects In Your Nose Such As Tissue, You Irritate Certain Nerves And You Could Possibly Damage Them. Avoid The Practice Of Spitting Phlegm Into The Folds Of A Handkerchief And Rubbing Them Together, Then Looking At It. This Is A Despicable Habit And Must Be Avoided Except When It Can't Be Helped.

### Lips

Proverbs 16:13

#### Modern Hebrew Script

רָצוֹן מִלְּכִים שִׁפְחֵי-צֶדֶק וְדָבָר יִשְׂרָאֵל יֶאֱהָב:

*TSEH'-DEK (RIGHTEOUS) LIPS ARE THE RAW-TSONE' (DELIGHT, PLEASURE) OF MEH'-LEK (RULERS); AND THEY AW-HAB' (LOVE) HIM THAT DAW-BAR' (SPEAKS) YAW-SHAWR' (RIGHT).*

**Righteous Lips Are The Pleasure Of Rulers And They Love Him That Speaks Correct.**

Right Translation In Aramic (Hebrew) By:

**Dr. Malachi Z. York**

Mistranslation For King James 1611 A.D.

*"RIGHTEOUS LIPS ARE THE DELIGHT OF KINGS; AND THEY LOVE HIM THAT SPEAKETH RIGHT."*

**Ques: What Types Of Moisturizers Should We Use On Our Lips?**

**Ans:** Avoid Using Vaseline On Your Lips As A Lubricant. Vaseline Clogs The Pores And Can Cause Blisters (Cold Sores) On Your Lips. You Should Never Have Dry Cracked Lips. Drinking Plenty Of Water Helps To Prevent This. Avoid The Habit Of Licking The Lips Constantly Because There Is A Substance In The Saliva Which Causes The Lips To Dry Out. You May Apply Olive Oil, Vitamin E Oil, Cocoa Butter, Or Any Other Types Of Oil That Is Light.

### Teeth

**Ques: What Is The Procedure For Brushing Your Teeth?**

**Ans:** Upon Waking, In Addition To Cleansing Your Body (By Bathing, Then Showering), Brush Your Teeth Using A Toothbrush, And Toothpaste (Preferably *"The All"*) Manufactured By *The Holy Tabernacle Ministries* Or A Water Pick Which Is Very Good. And A Good Mouth Wash.



Brush Your Teeth And Your Tongue Regularly To Help Keep Your Breath Clean And Fresh And Your Teeth Healthy. The Tongue Is What Holds Most Of The Odors In Your Mouth So It Should Be Brushed Thoroughly, Especially The Back Of The Tongue. An Angular Toothbrush Is Better Because It Reaches The Hard To Reach Places. Dental Floss Should Also Be Used To Clean Between The Teeth To Dislodge Food Particles And Plaque. You Have To Be Careful When Using Dental Floss As Not To Cut Your Gums With The Floss. Brush Your Teeth Thoroughly At Least Three Times Each Day, In The Morning, After Each Meal, And Before Going To Bed. A Mouth Rinse Or An Equal Amount Of Peroxide And Water Cleanses Your Mouth. Be Sure Not To Swallow Or Take It Internally.

### **Oral Hygiene**

Observe The Rules Of Dental Hygiene And Protect Your Teeth. Clean Teeth, Keep Your Mouth Fresh, And Produce A Good Effect On Digestion. The Mouth Is One Of The Least Clean Parts Of The Body In Terms Of The Number Of Bacteria Present. And Remember That Bacteria Grow In Dark, Warm, And Moist Places, And The Mouth Is The Prime Target. The Mouth Is The Largest Open Body Cavity And Because It Is More Exposed To Air, It Is A Natural Place For Bacteria To Enter And Collect; Therefore, It Is Essential That You Keep It Clean.



**Figure 41**  
**Nice, Clean And Healthy Teeth**  
**Be Good To Your Mouth**

Remember To Brush Your Teeth Well After Every Meal, And Floss Your Teeth At Least Once A Day. Brush Your Tongue Too. As It Can Harbor Odors Also. It Is Alright To Use Mouthwash (Preferably With All Natural Ingredients); But You Should Be Careful Not To Swallow It, Or Use It When You Have Sores In Your Mouth.

**Ques: What Type Of Tooth Brush Should You Use?**

**Ans:** Always Use A Soft Toothbrush. Try Not To Use An Excessive Amount Of Toothpaste, Baking Soda, Or Whatever Is Used To Clean The Teeth. It Is Best To Use Toothpaste Once In The Morning (When You Get Up), And Throughout The Remainder Of The Day, Just Use Your Toothbrush With Some Water. One Can Also Use **Mishwak** (مشوك), A Natural Plant, To Clean The Teeth. Also, Remember That Chewing Gum And Eating Excessive Amounts Of Candy, Is Bad For The Teeth, It Promotes Tooth Decay. Tooth Decay Is The Result Of Negligence And Laziness. You Should Never Have Bad Breath Or Unclean Teeth. If Mouth Odors (Bad Breath) Persists Even After Good Oral Hygiene. You May Have Cavities Or Gum Disease.

**Ques: Are There Any Procedures For Cleaning Dentures Also?**



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**Ans:** Yes, If You Wear Dentures, They Too Need A Lot Of Care. Take Your Dentures Out, Put Them In A Cup And Take Them To The Sink. Brush The Dentures Well, Under Warm, (Never Hot) Running Water Using Toothpaste Or Denture Powder. When Brushing The Dentures, Use Up And Down Motions, Not Across.

Reduce Your Sugar Intake And Eat A Balanced Diet. Candy, Other Sweet Snacks, And Sweet Drinks Between Meals Are Especially Harmful, Because After You Eat Or Drink Them, Your Teeth Are Attacked For Up To One Hour By Acid. Rotten Teeth And Cavities Are A Result Of Neglect And Laziness. Cheese Is Particularly Effective In Neutralizing Acid Formation. When You Eat Starches; They (The Starches) Break Down Chemically Into Sugars, And Sugar Causes Tooth Decay. The Sugar Then Breaks Down Into Carbohydrates And Then Back Into Sugar Again. Baking Soda And Warm Water Could Be Used As A Mouth Wash To Gargle. It Will Eliminate Breath Odors.

You Should Take Care In Observing The Rules Of Oral Hygiene. Bad Breath Is A Result Of Improper Cleansing Of The Mouth And Mainly From An Impure System. When You Are Not Hungry, The System Does Not Digest The Food The Way It Would If You Were Hungry. This Causes The Food To Sit In The Stomach Waiting For Digestion. During This Waiting Period, The Food Spoils And Becomes A Toxin. This Toxin In Turn Has An Odor, Like Spoiled Food, And The Odor Comes Out Of The Body By Way Of Your Pores And Your Mouth Thus Causing Bad Breath. Eating Food Only When You're Hungry And Flushing The System Daily With Water Helps To Alleviate This Problem.

Drink A Glass Of Water Before You Start Your Day To Get Your System Off To A Good Start. During The Day, You Should Drink At Least 18 To 20 Glasses Of Water. The Older You Are The More Water You Should Drink. You Should Keep Water With You To Drink Leisurely Or Sip On. When You Get Thirsty And You Want A Beverage Remember Water Is Better For You. While Chewing Food, Gum, Etc., Never Talk With Your Mouth Full. It Is Rude And Unattractive. Also, Never Stand Too Close As To Discharge Saliva On The Person You Are Talking To, Causing Them Discomfort Or Anger. Beware Also, Even When Your Mouth Is Not Full, Not To Talk With Your Mouth Too Close To The Person Being Addressed. Always Cover Your Mouth When Sneezing Or Coughing, So That The Excretion Is Not Discharged On Anyone Or Anything. When Talking And Laughing With Food In Your Mouth It Can Cause Choking. Both Food And Air Travel Through The Throat Or Pharynx, But It Is Crucial To Keep The Food From Entering The Windpipe And The Lungs. The Laryngopharynx Is The Lower Region Of The Throat That Branches Into Two (2) Parts. Here, The Passageways Of Food And Air Diverge. Food Goes Straight Down The Tube Into The Esophagus, Which Leads To The Stomach; Air Takes A Curved Path To The Front Where The Pharynx Or Throat Merges With The Larynx Or Voice Box.

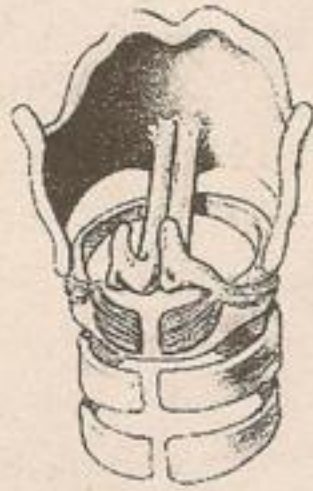
At The Bottom It Opens Up Into The Windpipe Or Trachea Which Runs Parallel To The Esophagus And Leads To The Lungs. The Larynx Contains The Vocal Cords Which Is Two Delicate Folds Of Elastic Tissue Separated By A Narrow Space. The Cords Are Attached To The Walls Of The Voice Box Somewhat Like Shelves And Can Open And Close To Let The Air In And Out (*See Diagram 13 & 14*). The Opening Of The Larynx Is Protected By The Epiglottis, A



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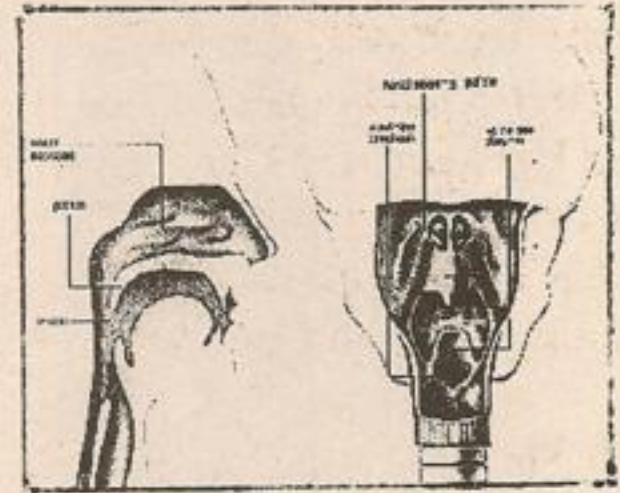
Small Piece Of Cartilage Located On The Upper End Of The Voice Box. The Epiglottis Acts As A Trapdoor At The Entrance Of The Larynx. The Epiglottis Prevents Food From Entering The Windpipe.



**Diagram 13**  
**Closed Vocal Cords**



**Diagram 14**  
**Open Vocal Cords**



**Diagram 15**  
**Rear View Of The**  
**Throat And Speech Centers**

When You Swallow The Wrong Way, Instead Of Passing Into The Esophagus, Food May Fall Into The Larynx. Usually, You Begin To Cough Which Rid The Air Passage Of This Foreign Object. Sometimes If You Are Talking And Laughing The Epiglottis Does Not Move Fast Enough To Block The Food And Choking May Result. Also, Be Aware That Heavy Drinking Paralyzes The Swallowing Mechanism, Causing Food To Go Down The Windpipe And Not The Esophagus.

**Ques: What Can I Do To Avoid Choking?**

**Ans:** 1. Don't Talk With Your Mouth Full. 2. Chew Your Food Thoroughly Before Swallowing. 3. If You Wear Dentures, Make Sure They Fit Properly. 4. If You Choose To Drink Alcohol, Go Easy On Alcohol With Meals. As I Previously Stated, Alcohol Relaxes The Larynx And Makes It More Likely To Fail To Close The Epiglottis In Time.

**\*You Should Learn What To Do In Emergency Situations And Techniques Such As: CPR (Cardiopulmonary Resuscitation), The Heimlich Maneuver, Etc. For Adults And Children.**

### **Hair**

In Ancient Kemet (Egypt), One's Social Position Is Determined By Your Hairstyle And Dress. In The Early Period Hairstyles Were Simple And Natural. Later The Customs Of Head Shaving And The Wearing Of Wigs, Became The Practice For Both Men And Women; Which Began As A Status Symbol Of The Elite. Wigs Were Made Of Human Hair, Wool, Cotton, Or Palm-Leaf Fibers, Resting On Well Ventilated Caps. They Were Dyed Black For Every Day Wear; And



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Green, Blue Or Red For Ceremonial Occasions. After A Wig Was Curled, Twisted, Or Braided, It Would Usually Be Stiffened With Beeswax To Preserve The Style. Priests And High Ranking Officials Often Shaved Their Entire Bodies. Young Boys Were Required To Shave Their Heads, Except For A Long, Curled Lock Of Hair Over The Right Temple, Called The "**Lock Of Youth**". Rarely, Young Egyptian Princesses Wore Braided "**Locks Of Youth**".



**Figure 42**  
**Egyptian Women Wearing Wigs**



**Figure 43**  
**A Young Prince With Side Lock**

**Ques: How Do We Keep Our Hair Healthy?**

**Ans:** Your Healthy Kingly Hair Starts With A Proper Diet (See Section On Diet). Keep Your Hair In Its Most Beautiful Natural State. You Shouldn't Put Lye Or Any Other Chemicals In The Hair To Straighten Or Curl It, Or Use Hot Combs (Straightening Combs). These Damage Your Hair. Relaxers And Other Chemicals Break Down The Compounds Of Your Hair Structure And Chemically Alters The Natural Curls Of Your Hair. You Shouldn't Destroy Your Hair However, It Is Your Choice.

**Ques: What Type Of Styles Can We Wear In Our Hair?**

**Ans:** Hair Is Your Beauty And It Is Also Your Strength, And You Should Make The Most Of It. You Can Twist Or Braid Your Hair, Or Wear It In An Infinite Number Of Beautiful Styles, Or You Can Cut It Short, Or Leave It As Is In A "*Natural*" (So-Called Afro).





**Figure 44**

**You Can Wear Your Hair Natural Or In A Variety Of Other Styles**

**Ques: Can We Dye Our Hair?**

**Ans:** Yes. Henna Or Other Natural Substances May Be Used To Dye The Hair, It Is Best Not To Use Commercial Hair Dyes Or Bleaches. You Can Twist Your Hair Into Locks But Keep Them Neat And Clean. And Comb Your Hair Regularly. Never Let Your Locks Become Matted, Because It Can Not Be Thoroughly Washed And Does Not Allow For The Removal Of The Dead Hair. Do Not Braid The Hair Too Tight As This Can Cause Inflammation And Infection Of The Hair Follicle. And The Hair Can Become Weak And Fall Out.

**Ques: What Type Of Oils Is Best For Grooming Our Hair?**

**Ans:** Avoid The Use Of Commercial Oils On The Hair, Meaning Oils That Have Been Altered Chemically For Sale To The General Public. Heavy Grease Rubbed On The Scalp Clogs The Pores Preventing The Scalp From Breathing, And Can Cause Infection Of The Hair Follicle (Folliculitis). Instead, You Can Use "*Mahdi*", **Hair Pomade** That Is Made From Natural Ingredients Or Pure, Natural Oils (Unadulterated) That Nourish The Scalp And Hair And Help It To Grow, Such As Coconut Oil, Olive Oil, Almond Oil, Sage Oil Or Vitamin E. When Dressing The Hair Use Herbs Like Sage, Rosemary, Thyme, Indian Hemp, And Nettles Are Also Excellent For Grooming Your Hair. Remember To Wash The Hair At Least Once A Week With A Mild Shampoo. Too Much Washing Will Dry The Scalp Out And Rob It Of Its Natural Oils. Wear Your Nubian Hair Like The Natural "Royal Kingly Crown" It Is.





**Figure 45**  
**Your Kingly Crown**

To Keep Hair In Good Condition You Must Handle Hair Gently And Carefully. You Should Wash, Condition, Comb And Brush Your Hair Everyday Unless It Is Braided Or Twisted. Braids Or Twists Should Not Be Left In No Longer Than 3 Days. If It Is Left In The Hair Longer Than 3 Days It Means That Soap And Water Did Not Touch Your Scalp For 3 Days Which Is Unsanitary. You Should Keep Your Hair Clean, Washing It With A Mild Natural Shampoo That Has No Chemicals Or Additives. If The Purpose Of Soap Is To Wash Away All Impurities, Why Use A Soap That Contains Some Sort Of Fruit, Vegetable, Or Flavoring, When It's Also Going To Be Washed Away? These Are Also Impurities. The Root Of Any Shampoo Is Soap. Avoid Using These Impure Shampoos And Stick To Something Natural. *"The All"* Shampoo And Conditioner And Other Hair Products Distributed By **The Holy Tabernacle Ministries** Are Perfect For Any Hair Textures, Even If Its Chemically Treated Or Processed. A Woman May Cut Her Hair If She Chooses Or She May Grow Her Hair As Long As Possible, There Is No Limit.

**Ques: Can We Wear Wigs, Or Weaves?**

**Ans:** Wearing Wigs, Weaves, Relaxers And Perms Is Strictly Your Choice. Wearing These Things In Your Hair Smothers Your Natural Hair And Keeps Your Hair From Proper Grooming. Hair Should Be Kept Clean. It Should Be Combed And Brushed And Kept In A Neat Style, Twists, Braids, Or Naturals. In The Holy Tabernacle, What You Do With Your Hair Is Up To You. You Have To Use Your Own Discretion When Choosing A Hairdo. What You Look Like Represents You And **The Holy Tabernacle Family**. There Are No Limits To What Hairstyles You Choose, As Long As They Are Neat And Clean. And I Repeat, If You Choose To Braid, Or Twist Your Hair, You Should Remove The Braids After 3 Days. In The 50s And 60s You Wore Hair Cuts Called The **Caesar**. It Was Named After Julius Caesar. His Hair Was Cut In A Rounded Style.





**Figure 46**  
**Caesar's Hair Cut**

The Greeks And Romans Cut Their Hair And Shaved Their Mustache And Beards Completely Off: This Was Because They Were Emulating Women. Alexander The Great Introduced Shaving Into Greece. It Was The Roman And Greek Homosexuals Who Started Men Shaving Off Their Beards. The Mentality Of The Roman And Greek Men Was To Emulate Women, Right Down To The Smoothness Of Their Faces.



**Figure 47**  
**Julius Caesar**



**Figure 48**  
**Alexander The Great**

In Other Words. They Wanted To Look Feminine. True Nubian Men Wear Beards, All Of Your Great Teachers Did. Initially Nubians Did Not Have Any Hair On Their Bodies. Due To Mixing And Breeding We Now Have Hair On Our Bodies. The Roman Hairstyle, The Caesar Has Resurfaced Today. Also Hightop Fades Are Nothing But A Crew Cut Or Bowl Cut, Which Implies That You Belong To Some Institutional Organization Like The Police Or The Military. They Have Weaved This Hair Style Back Into Today's Society, "It's The Fade." The Caesar Style Is To Counteract The Buckwheat Look Which Is The First Stage To Locks, Twists, The Samson Look Or The Samson Judges Complex. That Is Why They Brought Back The Fade Look Because Of Fear.



**Figure 49**  
**Samson Son Of Manoah And Merav**

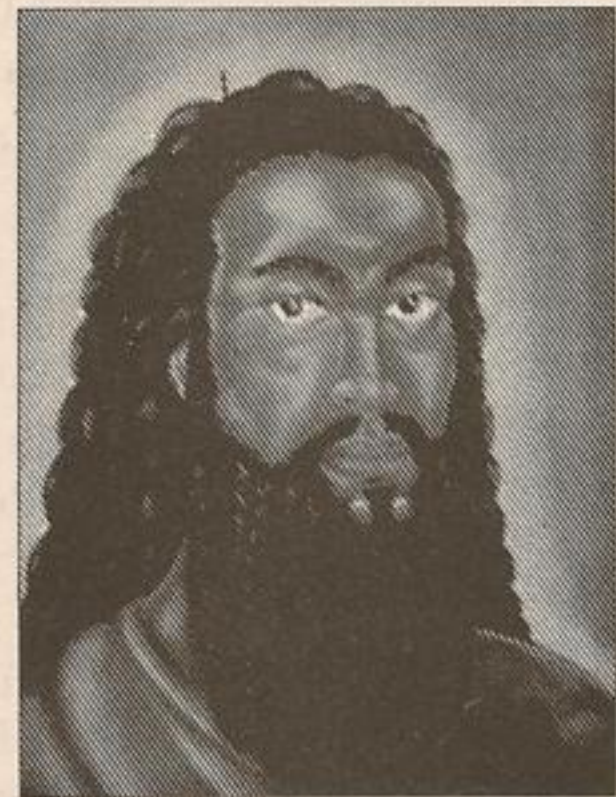


**Figure 50**  
**The "Fade"**





**Figure 51**  
**Merav Mother Of Samson**



**Figure 52**  
**Manoah Father Of Samson**

**Ques: What About Dreads, Can We Wear Dreads?**

**Ans:** Again, You Can Wear Whatever You Want To Wear; The Choice Is Yours. I Am Not Here To Dictate To You What You Should And Should Not Do. My Job Is To Teach The Facts. So Dreads Are Permissible To Wear. It Is Not Fair To Turn Someone Away From The Tabernacle Because They Wear Dreads. If A Person Wears Dreads They Have To Make Sure That The Dreads Are Always Kept Clean, Neat And Tidy. This Also Goes For Men Who Wear Beards. Your Beards Should Always Be Neat And Clean.



**Figure 53**  
**Always Keep Your Dreads**  
**Neat And Clean**

### **Beards**

In Ancient Egypt, Men Generally Wore Beards Without Adornment; The Longer The Beard, The Higher The Status Of The Wearer. Ceremonial False Beards, Made Of Gold And Braided Beards Were Worn By The Pharaohs And Kemite (Egyptian) Queens; As Queen **Hatshepsut** Did.

It Has Been Said That Wearing A Beard Is Unsanitary And That Facial Hair On Men Should Be Completely Removed. This Is A Myth!! The Levitical Law Given To Moses Addressed Men That Did Grow Beards And That You Were To Keep Them Clean And Well Groomed At All Times.



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In Times Of Your Great Teachers, It Was Considered Humiliating And Degrading To Have One's Beard Shaved Off. Such As The Case When The Servants Of David, Son Of Jesse And Hillman, Had The One Side Of Their Beards Shaved Off By Hanun, Son Of The Ruler Nahash Of Ammon. They Were Too Ashamed To Return Home Until Their Beards Had Grown Back Again.

**The Most High** Did Not Want Men To Look Like Women. Don't Let Anyone Tell You To Cut Off Your Beard Or To Shave Off Your Mustache And Don't Listen To Teachers That Do Not Want Beards And Mustaches. They Are Following Polytheism. Your Beard Should Be Cut Into A Median Cut Or Trim.



**Diagram 16**

**The Midian Cut**

DOES

ONE OF

THESE



BELONG

TO

YOU?

**Diagram 17**

**These Are All Wrong**



**Figure 54**

**Kemite With A False Beard**

**Leviticus 19:27**

**Modern Hebrew Script**

לֹא תִקְפוּ פֶּאֶה רֹאשְׁכֶם וְלֹא תִשְׁחִית אֶת פְּאַת זָקְנְךָ:

**YOU SHOULD NOT NAW-QAF' (CUT DOWN) THE FAYAW' (CORNERS) OF YOUR ROSHE (HEADS), AND YOU SHOULD LO (NOT) SHAW-KHATH' (CAST OFF, SHAVE) THE FAY-AW' (CORNERS) OF YOUR ZAW-QAWN' (BEARD).**



**You Will Not Round The Corners Of Your Heads, Neither Will You Mar The Corners Of Your Beard.**

**Right Translation In Aramic (Hebrew) By:**

**Dr. Malachi Z. York**

**Mistranslation For King James 1611 A.D.**

*"YE SHALL NOT ROUND THE CORNERS OF YOUR HEADS, NEITHER SHALT THOU MAR THE CORNERS OF THY BEARD."*

Shaving Became Unlawful Because Many Men Have A Disease Called **Pili Cuniculati**: The Word "**Pili**" Means "**Hair**" And The Word "**Cuniculati**" Means "**Burrowing**".

This Results To Ingrowns Because Of The Curl In The Hair, Which Gave The Impression Of A Skin Disorder Which In Those Days Was A Sign Of A Curse; Thus, It Became Forbidden For Men To Shave Their Beards.



The Word "**Cuniculati**" Means "**Ingrown Hair**" (Which **Only** Nubian Men Have), Derives From The Word "**Cuneiform**" Which Is The Language Of The "**Kunini**" People, The Original Nubians. Also, Nubians Should Not Shave Off Their Beard Because It Can Cause Ingrown Hairs (Razor Bumps), And Infections Of The Hair Follicle (Folliculitis).

**Figure 55**  
**Problem Skin**

### **Shaving**

**Ques: What Is The Best Way For Shaving Your Beard?**

**Ans:** You Should Pick The Shaver That Is Best For Your Skin. Some Men Do The Wet Shave By Using A Blade, Or The Dry Shave, Using An Electric Shaver. Dermatologists Agree That Shaving With A Blade Gives You A Closer, Cleaner Shave. With A Blade, You Also Have Less Stubble And Fewer Of The Jagged Edges That Can Lead To Ingrown Hairs. The Blade Does Strip Your Skin Of More Surface Oil, Though, Which Can Be A Disadvantage To A Man With Extremely Dry Skin; For Him, The Electric Shaver May Be Preferred For Daily Use. The Electric Shaver Is Also Quick And Convenient, But Contrary To Its Reputation, An Electric Shaver Can Still Deliver The Same Nicks, Abrasions And Razor Burns That Plague The Blade User. Coated Blades (With Platinum Or Teflon Coatings) Are A Big Help In Saving Your Face.



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They Lessen The Pull On Hair Follicles As The Hairs Are Being Sliced, And Also Cut Down On The Amount Of Friction And Abrasiveness Generated By Razor Drag.

The Key Ingredient Of A Good Blade Shave Is Water. Your Whiskers Soften As They Absorb The Moisture, Making Them Easier To Cut Through. Two To Three Minutes Of Soaking Your Beard In Warm Water Or Shaving After You Shower Greatly Reduces The Amount Of Force You Need To Apply To Your Razor. The Purposes Of Shaving Preparations Are To Lubricate Your Skin So The Blade Moves Across It As Easily As Possible, Keep The Whiskers Hydrated (Full Of Water), And Help Keep Them Lifted Off The Skin So The Razor Blade Can Remove Them More Easily. Men With Very Dry Or Soap-Sensitive Skin Are Probably Better Off With A Brushless Cream. These Contain The Most Lubricants And The Least Soap.

Because Your Beard Is The Coarsest In Your Chin And Mustache Areas, It's A Good Idea To Give Them The Longest Softening Time Possible By Shaving Them Last. As You Shave, Draw The Razor In The Direction Of Hair Growth, Not Against It. Your Shave May Not Be Quite As Close, But You Can Help Avoid Ingrown Hairs That Occur When You Shave "Against The Grain." Actually, Cutting Whiskers Off Below The Surface Results In A Very Pointed Whisker Tip, Which Makes It Likely That The Whisker, As It Grows Out, Will Embed Itself In The Skin, Causing The Familiar Pimplelike Inflammations Of Ingrown Hairs. Use As Light A Touch As You Possibly Can. All That Pulling On Your Skin, To Rearrange Your Features For Better Razor Access And A Closer Shave, Can Backfire. Too Much Tension Can Cause Little Bumps To Rise, Which Then Get Sheared Off Or Irritated By Even Moderate Razor Pressure.

You Use An After-Shave When Your Skin Is At Its Most Vulnerable. You've Removed At Least Some Of Its Protective Surface Oil As Well As The Top Layer Of Cells. This Forced Exfoliation Exposes New Cells To The Elements Before They've Had A Chance To Toughen Up.

### Face/Cosmetics

**Ques: What Type Of Makeup Can We Wear?**

**Ans:** Wear Any Kind Of Make-Up You Prefer, However Do Not Apply So Much As To Look Like A Clown. Use Makeup To Enhance Your Beauty, Not Cover It Up. Be Careful Not To Wear Makeup That Contains Talc (Especially Eye Powders), Talc Is Ground Up Glass. Wearing Natural Kohl (Eyeliner) Is Fine. The Ancient Egyptians Wore Kohl As A Cosmetic To Enlarge Their Eyes. Pure Kohl Keeps Your Eyes Clear Of Particles Thus Keeping Them Moist. Kohl Also Relieves Pressure Of The Eyes. The Word "**Make-Up**" Actually Means "**To Make Something Up Or To Fabricate**". And Usually Women Wear An Abundance Amount Of



Make-Up To Enhance Their Beauty, Or To Emulate Someone Who They Consider Pretty Which Usually Is The Evil Ones Perspective Of What Beauty Should Look Like, But What They Tend To Do Is Cover Up What They Really Look Like: Their Natural Beauty, Which Is Why Some Women Look Like A Totally Different Person Without The Makeup. People Get Used To Seeing Them Wear The Make-Up. So When They Decide Not To Wear Any, They Appear Dead Or Tired. The Purpose Of Make-Up Is To Enhance The Beauty By Applying A Small Amount.



**Figure 56.**  
**Example Of A Person**  
**Altering Their Appearance**

But Women These Days Are So Busy Trying To Emulate The Blond Hair Blue Eyes Image And Therefore They're Actually Lying About What They Look Like By Wearing Blue Contacts, Wigs Or Weaves. They Get Silicones To Make Their Breasts Larger, And They Are Altering The Creation Of **The Most High**.

**Ques: Do Lipsticks Harm Your Lips, By Clogging Them?**

**Ans:** Lipsticks Are Fine As Long As They Do Not Contain Pork Or Pork By-Products (***Refer To The Listing Of Pork Free Products***). The Ancient Egyptians Used Pulverized Minerals, Vegetable Oils And Extracts, And Animal Fats As Cosmetics To Beautify Themselves, Such As Red Ochre Powder (Red Oxide Of Iron) To Color Their Cheeks; And Lips.

You, The Children Of The **Eloheem**, Should Smell Sweet And Should Use Natural Oils, And Natural Makeup Provided For You By **The Most High**, From The Plants And Minerals Of The Earth, And Not Makeup That Is Chemically Altered With Artificial Dyes And Other Chemicals That Cause Eye And Skin Irritation And Infection.

It Is Best That You Do Not Wear Neon Colors; Or Black Lipstick Or Makeup, Except For Eye Liner, Mascara, Or Eye Brow Pencil. Black Makeup Is Associated With The Worship Of Haylal (Satan). Women Can Wear Henna, A Natural Dye Obtained From The Henna Plant. Make A Paste With Warm Water And Apply. Let Set For A Few Minutes To Several Hours And Then Rinse Off With Clear Water. It Cleans The Skin And Enhances The Tone Of The Skin. Women May Apply Henna To The Face, Hands, Nails, Feet, Or Even The Hair.

In The Holy Tabernacle A Woman Can Wear As Much Or As Little Make Up As She Desires. However, Take Into Consideration That Women Who Wear Lots Of Make-Up Tend To Look Like Clowns Or Women Of The Shadow Hours (Evening), Harlots And Prostitutes.



**Jeremiah 4:30**

**Modern Hebrew Script**

וְאַתָּה שָׂדוּד מִהִתְעַשִּׂי כִּי־תִלְבַּשִׂי שָׁנִי כִּי־תַעֲדִי עֲדֵי־זָהָב  
כִּי־תִקְרָעִי בַּפֶּה עֵינֶיךָ לְשׂוֹא תִתִּיכִי מֵאֲסִי־בֶךְ עֲגָבִים נִפְשָׁךְ יִבְקָשׁוּ:

*AND WHEN YOU ARE SHAW-DAD' (POWERFUL), MAW (WHAT) WILL YOU DO? KEE (BECAUSE) YOU LAW-BASH' (CLOTHE) YOURSELF WITH SHAW-NEE' (SCARLET), KEE (BECAUSE) YOU AW-DAW' (TAKE AWAY) THE AD-EE' (ORNAMENTS) OF ZAW-HAWB' (GOLD), KEE (BECAUSE) YOU QAW-RAH' (ENLARGE) YOUR AH'-YIN (EYES) WITH POOK (PAINT), IN SHAW (VAIN) WILL YOU MAKE YOURSELF YAW-FAW' (BEAUTIFUL); YOUR AW-GAB' (LOVERS) WILL MAW-AS' (REJECT) YOU, THEY WILL BAW-QASH' (SEEK) YOUR NEF'-FESH (SPIRIT).*

**And When You Are In Your Glory, What Will You Do? Because You Clothe Yourself In Fine Scarlet And Take Away The Ornaments Of Gold Because You Enlarge Your Eyes In Makeup In Vanity Will You Make Yourself Beautiful? Your Lovers Will Reject You And They Seek Only Your Spirit.**

**Right Translation In Aramic (Hebrew) By:**

**Dr. Malachi York**

**Mistranslation For King James 1611 A.D.**

*"AND WHEN YOU ARE SPOILED WHAT WILL YOU DO? THOUGH YOU CLOTHE YOURSELF WITH SCARLET THOUGH YOU DECK YOURSELF WITH ORNAMENTS OF GOLD. THOUGH YOU DISTORT YOUR FACE WITH PAINTING IN VAIN WILL YOU MAKE YOURSELF BEAUTIFUL YOUR LOVERS WILL DESPISE YOU. THEY WILL SEEK YOUR LIFE."*

**It Is Imperative To Cleanse Your Face At The End Of The Day. In The West, Women Put On Make-Up Without Washing Their Faces, They Apply New Make-Up On Top Of Old Make-Up That Is Already On Their Faces. Women Should Remove All Traces Of Make-Up At The End Of The Day. To Remove All Traces Of The Make-Up And Dirt, A Mild Natural Cleanser Is Suggested.**

**Most People Have Sensitive Skin. Women Should Not Use Abrasive Pads Or Scrubs On Their Faces. For They Remove The Natural Oils From The Skin, Leaving It Dry And Brittle. Women Should Stick To Being Natural. Remain Natural Or Use Only Natural Make-Up On The Face At All Times. Women In The Holy Tabernacle Should Avoid Wearing Too Much Make-Up As Not To Be Associated With Women Who Society Identifies As Sluts, Whores, And Prostitutes.**





**Figure 57**  
**Improper**



**Figure 58**  
**Proper**



**Figure 59**  
**Nefertiti Applying Make Up And Dressing Her Husband Ankhnenaton**

We've All Heard That Old Cliché "*Beauty Is In The Eyes Of The Beholder*". That's Why There Are So Many Different Concepts Of Beauty In The World. Everyone Has Their Own Opinion Of What Beauty Means To Them. However, Because The Caucasians Are In Control Of The Media, Meaning, Television, Magazines, Billboards, Newspapers, Etc., They Are The Overruling Factor When It Comes To The American/European Concept Of Beauty.





**Figure 60**  
**Their "American Beauties"**

Those Who Have Been Brain-Washed By The Caucasian Have A Concept Of Beauty That Makes Them Lose Their Nubian Identity And History. The Caucasian Flashes What He Calls Beautiful On The Front Covers Of Magazines, On T.V. And On Billboards. This Therefore Makes The Disoriented Nubian's Choice Of What's Beautiful, Limited.

He Has Stripped The Nubian Woman Of Their Natural Beauty And Has Them Believing That A Multi-Colored Face And Processed Straight Hair Is Beautiful. They Even Have The Nerve To Wear Blue Contact Lenses In Their Eyes. He Had Made You Lose Your Dignity And Self-Respect By Undressing Your Women And Exposing Their Almost Naked Bodies To The World. This Promotes Crimes Such As Rape, Molestation, Sexual Abuse, Sexual Harassment, Prostitution, And I Can Go On. You Are Destroying The **Eloheem** In You. By Giving Up Your Natural Look And Imitating The Caucasian's, You Are Saying That Looking Like Your Ancestors, The **Rizqiyan (Anunnaqi, Eloheem)**, Is Ugly. Remember, You Were Created In The Image And After The Likeness Of The **Eloheem**. You Should Be Proud Of Who You Are And What You Look Like.

### **Nails**

Nails Are Like "**Windows Of The Body**"; Their Color Shape Or Texture Can Indicate Health Or Disease. Healthy Nails Should Be Pinkish, Smooth And Shiny. Pale Nails May Signal Poor Circulation Or Anemia. White Spots May Be Normal Or A Sign Of Zinc Deficiency. Darkening May Indicate A Fungal Infection. Even Peeling And Splitting May Be Due To Poor Diet. And Certain Detergents, Or Nail Hardeners Containing **Formaldehyde (For-Mal-De-Hyde, A Chemical Used To Preserve Dead Bodies)**, Can Be Harsh On Your Nails.

**Ques: How Do We Groom Our Nails, To Keep Them Healthy?**



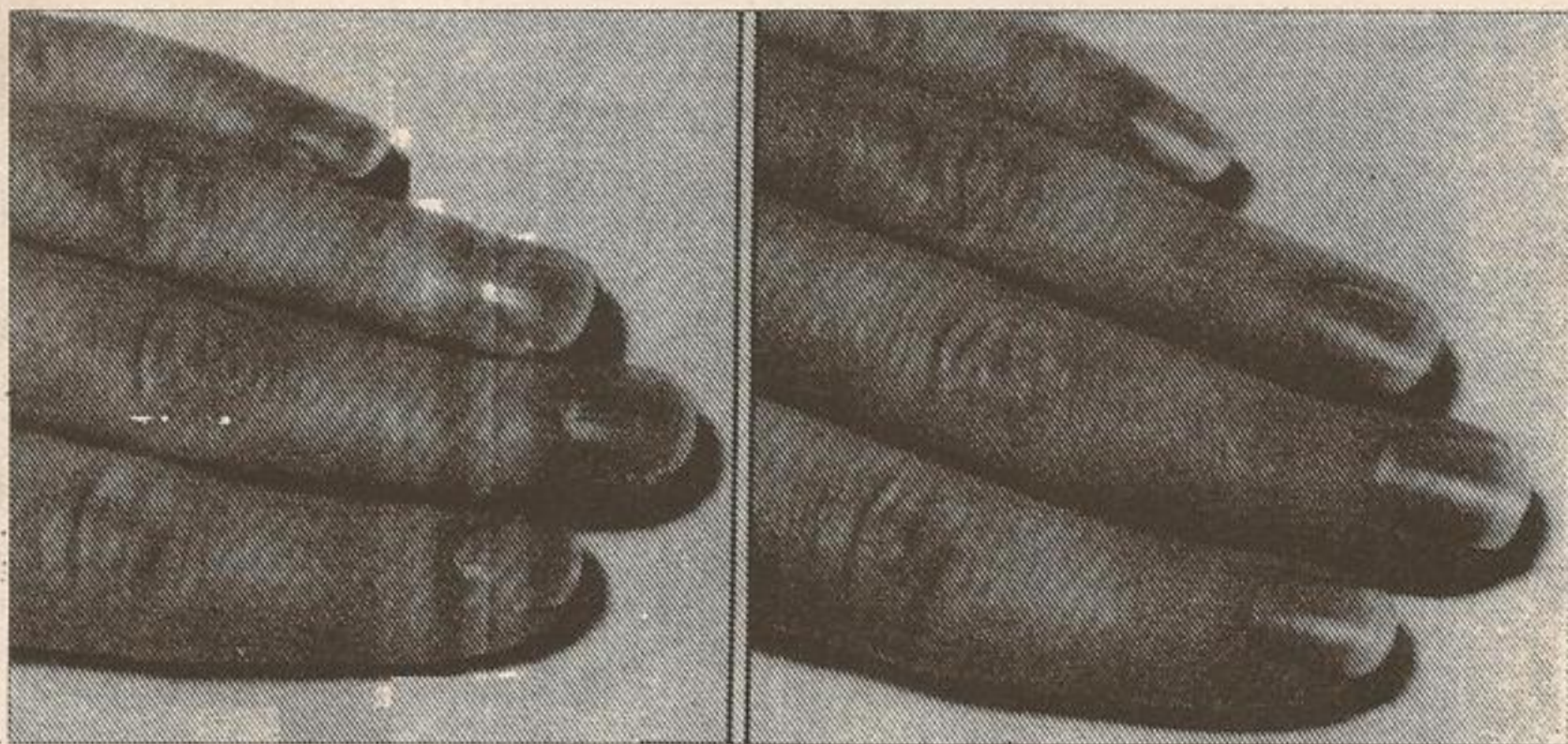
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**Ans:** Healthy Nails Come From A Healthy Diet. Nutrients Such As Biotin (A & B Vitamin), Sulfur, Silicon. And Calcium Help Them Look Their Best. And If Your Nails Are Breaking Try Taking Linseed/Flax Oil And Vitamin E Oil Daily. Give Yourself A Manicure Once A Week. Begin By Soaking Your Nails In Warm Water And A Natural Soap. Thoroughly Dry Them And Massage A Natural Moisturizer Containing Vitamin A Or Olive Oil Into Your Cuticles, And Push Back With An Orange Stick. Rubbing Olive Oil Into The Cuticles, Or The Juice Of A Clove Of Fresh Garlic Onto The Nails Will Help Them To Grow.

To Polish, Start With A Coat Or Two Of Clear Nail Polish, Then A Colored Polish If You Prefer, And Finish With A Top Coat. Wear Any Color Polish You Prefer, Except Black (Which Is Associated With The Worship Of The Evil One), And Neon Colors. Remember That Commercial Nail Enamels Contain Chemicals Which Can Be Irritating Or Cause Allergic Reactions In Those Sensitive To Them. Choose Natural Products Containing Oils, Vitamins, And Herbs.

Clip Your Toe Nails And Keep Your Finger Nails Clean. For Men, Your Nails Should Not Pass The Flesh Line Of The Finger. And As For Women, The Nails Should Be No Longer Than 1/2 Inch Past The Flesh Line. Improper Trimming Of The Nails And Cuticles Can Cause Painful Deformities Such As Ingrown Finger And Toe Nails, Infections, And Thickening Of The Nail Around The Cuticle. Don't Bite The Nails And Cuticles, This Can Cause Them To Bleed And Is Unsanitary. Always Cut The Nails Straight Across, And Do Not File The Corners.



**Diagram 18 A**  
**Keep The Nails Neat And Clean**

**Ques:** Do You Recommend Women To Wear A Variety Of Colors, Of Finger Nail Polish?

**Ans:** Again, Women Can Wear Any Color That They Desire. However, It Is Not Recommended To Wear Black, Because It Is Associated With Devil Worship. You Should Wear Colors That Compliment Your Complexion. If There Are Chips In The Polish. Try To Touch It Up Instead



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Of Using Polish Remover. Nail Polish Remover Weakens The Nails And Makes Them Brittle. If You Have To Use It, Do Not Use It More Than Once A Week. Also, Try To Wear Your Nails Natural Or Wear Clear Nail Polish. If You Want Your Nails To Grow Try Fresh Garlic Or Orange Peels. They Aid In Making Nails To Grow Strong And Healthy. You Should Never "Crack Your Knuckles," Because You Can Develop Arthritis As Well As Large Knuckles. You Are Also Causing Friction On Your Bones.

**Feet**

Take Good Care Of Your Feet, After All We Do Need Them To Walk With. Your Feet Should Be Well Groomed, Smooth To The Touch Of Your Mate. Toenails Should Be Trimmed And Cleaned At All Times. Keep The Skin Of Your Feet Moisturized As They Are More Likely To Become Dry Than Other Parts Of The Body.

**Genesis 18:4-5**

**Modern Hebrew Script**

יִקְחָנָא מֵעֵט-מַיִם וְיַחֲצֹוּ הַגְּלִיכָם וְהַשְׁעֲנוּ תַחַת הָעֵץ: וְאָקָחָהּ כַּתְּלָאִים  
וְסַעְדֹו לִבָּכֶם אַחֲרֵי תַעֲבְרוּ כִי-עַל-כֵּן עֲבַדְתֶּם עַל-עֲבָדְכֶם וְיֹאמְרוּ כֵן  
תַּעֲשֶׂה כְּאֲשֶׁר דִּבַּרְתָּ:

LET A MEH-AT (LITTLE) MAH'-YEEM (WATER), NAW (I BEG YOU), BE LAW-QAKH (BROUGHT), AND RAW-KHATS (WASH) YOUR REH'-GEL (FEET), AND SHAW-AN (RECLINE) YOURSELVES TAKH'-ATH (UNDER) THE ATES (TREE): AND I WILL LAW-QAKH (BRING) A FATH (PIECE) OF LEKH'-EM (BREAD), AND SAW-AD (STRENGTHEN) YOU YOUR LABE (HEARTS); AKH-AR (AFTER) THAT YOU WILL AW-BAR (GO ON): FOR AL (BECAUSE) YOU HAVE AW-BAR (COME) TO YOUR EH'-BED (SERVANT), AND THEY DAW-BAR' (SAID), KANE (SO) AW-SAW' (DO), AS YOU HAVE DAW-BAR (SAID).

Let Now A Little Water Be Brought, And Wash Your Feet, And Recline Yourself Under The Tree: And Let Me Bring A Piece Of Bread, And Strengthen You Your Heart; After That You Will Pass On: Because You Have Crossed Over To Your Servant. And They The Anunnaqi In The Form Of Enosite Said, So Do, As You Have Said.

Right Translation In Aramic (Hebrew) By:

**Dr. Malachi Z. York**

Mistranslation For King James 1611 A.D.

*"LET A LITTLE WATER, I PRAY YOU, BE FETCHED, AND WASH YOUR FEET, AND REST YOURSELVES UNDER THE TREE: ' AND I WILL FETCH A MORSEL OF BREAD, AND*



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*COMFORT YE YOUR HEARTS; AFTER THAT YE SHALL PASS ON: FOR THEREFORE ARE YE COME TO YOUR SERVANT. AND THEY SAID, SO DO, AS THOU HAST SAID."*

**Ques: What Are The Procedures For Taking Care Of The Feet?**

**Ans:** Massage Your Feet Regularly, It Is Very Beneficial. Massaging Of The Feet, Or Any Part Of The Body, Stimulates Circulation, And The Nervous System, Which Speeds Up The Healing Forces. Rotate The Ankles And Pull Each Toe, Use Both Thumbs To Gently Massage The Soles Of The Feet And Heel To Toe, And Above From Ankle To Toes In A Circular Motion.

Soak The Feet To Invigorate Them Or When They Feel Sore Or Tired. Add Epsom Salt (3/4 Cup), Or Baking Soda (1/4 Cup), Or Salt (1/2 Cup), Or Vinegar And Lemon (1 1/2 Cup Vinegar, 1/2 Cup Lemon Juice) To A Foot Bath; Use Lukewarm Water, Then Rinse In Cold Water. Proper Development Of Children's Feet Is Most Important. Their Feet Grow Very Rapidly, To Almost Half Their Adult Size During Their First Year.

**Genesis 24:32**

**Modern Hebrew Script**

וַיָּבֹא הָאִישׁ הַבֵּיתָהּ וַיַּפְתֵּחַ הַגְּמָלִים וַיִּתֵּן הָבֶן וּמִסְכּוֹא לַגְּמָלִים וּמַיִם  
לְרַחֵץ רַגְלָיו וְרַגְלֵי הָאֲנָשִׁים אֲשֶׁר אִתּוֹ:

*"AND THE EESH (MALE LIVING BEING) BO (CAME) INTO THE BAH'-YITH (HOUSE): AND HE FAW-THAKH (UNLOADED) HIS GAW-MAWL (CAMELS), AND NAW-THAN (GAVE) TEH'-BEN (STRAW) AND MIS-FO (FODDER) FOR THE GAW-MAWL (CAMELS), AND MAH'-YEEM (WATER) TO RAW-KHATS (WASH) HIS REH'-GEL (FEET), AND THE EN-OSHE (HUMAN BEING) REH'-GEL (FEET) THAT WERE WITH HIM."*

**And The Male Living Being Came Into The House, And He Unloaded The Camels; And He Gave Straw And Fodder To The Camels, And Water To Wash His Feet And The Feet Of The Enosites (Ulla And Elon) That Were With Him.**

Right Translation In Aramic (Hebrew) By:

**Dr. Malachi Z. York**

Mistranslation For King James 1611 A.D.

*<sup>2</sup> AND THE MAN CAME INTO THE HOUSE: AND HE UNGIRDED HIS CAMELS, AND GAVE STRAW AND PROVENDER FOR THE CAMELS, AND WATER TO WASH HIS FEET, AND THE MEN'S FEET THAT WERE WITH HIM.*



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To Help In The Development Of Your Child's Feet:

**A.** Let Babies Lie Uncovered Allowing Them To Kick Or Otherwise Exercise, In Preparation For Weight Bearing.

**B.** When You Teach A Baby To Stand Don't Let Him/Her Stand For Too Long Because You Will Put Excessive Strain On Feet And Legs.

**C.** Let Children First Beginning To Wally, Do So Without Shoes. This Helps Them Develop Strength And Grasping Action Of The Toes.

**D.** Change Children's Shoe Size Frequently To Ensure They Fit Properly. Allowing Room For Feet To Grow.



**Figure 61**  
**Healthy Baby**

Your Feet Support All Of Your Weight, Function As Shock Absorbers, And Provide Leverage When We Walk, So You Must Protect Them. You Can Wear Any Style Of Shoes Or Boots That You Prefer, But Never Wear Shoes That Do Not Fit, They Can Cause Corns, Bunions, Calluses, And Other Irreversible Foot Problems. You Should Be Able To Wiggle Your Toes Easily, There Should Be One Quarter To One Half Inch Of Space Between The Longest Toe And The Space In The Shoe. Also, Women Should Be Careful Not To Wear Heels That Are Too High. You Are More Likely To Have Accidents In Them. They Disturb Your Equilibrium (Balance), And Lead To Curvature Of The Spine. They Also Are A Result Of Hip And Back Pains.

It Is Unsanitary To Have Foot Odors. Foot Odor Is The Result Of Poor Hygiene Or Improper Drying Of The Feet After Bathing, Especially Between The Toes. The Moisture (Or Sweat) From The Feet Makes Socks Wet And Mildewed. Mildew Is A Fungus That Causes Odors. Try To Avoid Wearing Colored Socks. The Dye In The Colored Socks Is Bad For The Feet. Wearing Sneakers Without Socks Or Wearing Other Than Leather Shoes Is Bad For The Feet Because They Don't Allow Proper Ventilation Of Your Skin. It Is Good To Give Yourself A Pedicure Once A Week (Men, Women And Children). You Can Follow These Simple Steps Toward Smoother, Softer, And More Healthy Feet:

**A.** Remove All Nail Polish From Feet. Soak Feet In Warm, Sudsy Water Or. For Five Minutes; Then Dry Them Carefully.

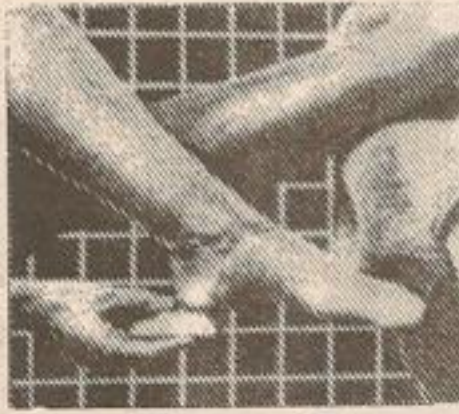


**Figure 62**



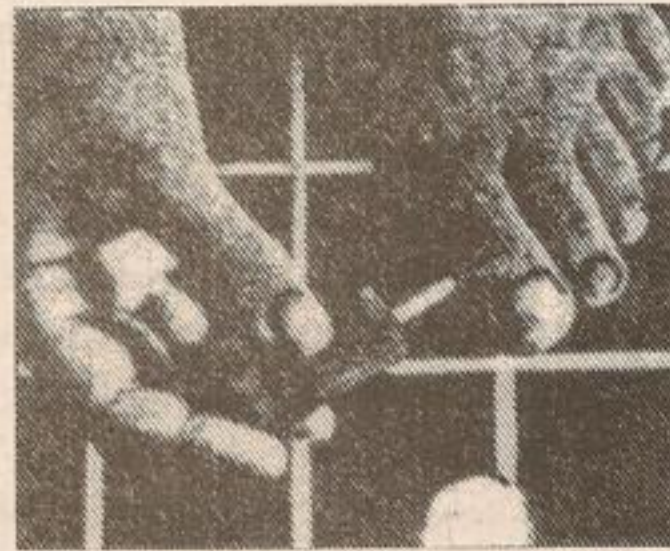
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**Figure 63**

**B. Use A Pumice Stone On Rough Spots (Never Use A Razor).**



**Figure 64**

**C. Apply Cuticle Remover On The Base Of The Toenails.**

**D. Carefully Push Back The Cuticles With An Orange Stick Or Similar Tool. E. Then Clip The Toenails Straight Across And Smooth Them Over With An Emery Board. F. For Women, If You Decide To Polish The Toenails, Begin By Separating Your Toes With A Thick Wad Of Cotton To Make The Application Easier, Then Proceed To Polish Them.**



**Figure 65**  
**Grooming The Feet**

Massage The Feet. Use A Light Oil If You Prefer. It Is Very Stimulating For The Nerve Endings In The Feet And Will Make You Feel Vibrant Along With Making Your Feet Feel Good. In Between Pedicures, Apply A Moisturizer After Each Bath Or Shower. To Keep Your Pedicure Looking Fresh.



**Figure 66**  
**Massaging The Feet**



### Scents

**Ques: What Kind Of Scents Should We Wear?**

**Ans:** You Can Wear Any Kind Of Scents, That You Wish, As Long As It Suits Your Body Chemistry. Some Scents Give A Sense Of Joy And Offers A Countenance Of Cheerfulness, While Others Can Upset Your Stomach. (*Wearing The Holy Tabernacle Ministries Fragrance, Which Are: The All, Lotus, Divine Love, Frankincense, Sandalwood, Etc. Are Suggested*). Scents Are Widely Used In The East, Where People Specialize In Aphrodisiacs. Perfumes And Oils Should Be Put On In Moderation, Do Not Apply Excessive Amounts. If You Put Too Much On, It Can Become Overbearing And Offensive To Others. Also, Put Oils And Perfumes On Your Body, Not Your Clothing. Never Put Perfume Or Oil On Without Bathing. **Only "The All" Oil Is To Be Worn To The Holy Tabernacle For Ceremonies And Services Such As Guma'a (Juma'a) And Sabbath Services Or Any Other Special Services Where We Have To Gather Together.** Sweet Scents And Perfumes Were Spoken Of In *Exodus 30:35* And I Quote: *"And Thou Shalt Make It A Perfume, A Confection After The Art Of The Apothecary, Tempered Together Pure And Holy."*

### Clothing

**Ques: What Is The Best Way For Taking Care Of Our Clothing?**

**Ans:** Outer Garments And Under Garments Should Be Cleaned And Changed Everyday. Women Should Wear Undergarments/Underwear When They Are In A State Of Impurity, Menstruation. It Is Not Necessary To Wear Underwear All Of The Time Because They Hold Moisture And Odor And This Can Cause Vaginal Infections And Penal Infections. The Best Underwear That Should Be Worn Are Cotton (White).

You Can Wear Any Type Of Clothing You Desire. There Are No Limits Or Restrictions On What You Can Wear. For Example, For Every Day Attire You Can Wear A Suit And Bow Tie, Or Casual Clothes, Or The Nubian Nation Jackets, Or Sweat Shirts And Pants Or Any Uniform Or Dress Required For Your Occupation Or Enlistment.

For Instance, If You're In The Military You Can Wear A Military Uniform, Or If You Are A Policeman, Or Firemen, Or Doctor, Or Lawyer, You Can Wear The Uniform That Fits Your Occupation. You Should Wear Sweat Pants When Indulging In Sports Or Physical Exercise And Bathing Suits For Swimming, Not As Everyday Wear. To Be Over-Covered Or Too Revealing Are The Extreme. Try To Avoid The Extremes. You Can Also Wear Any Jewelry Of Your Choice. However, Wearing Holy Tabernacle Jewelry Is Suggested (*Refer To "The Holy Tabernacle Family Guide"*). Men, Women, And Children Should Wear Clothes That Fit Properly. Your Clothes Should Not Be Too Baggy Or Too Tight. Everything Is Worn With Modesty.





**Figure 67**

**You Should Wear Clothes That Fit Properly Casual, Or Normal Day Wear**

If You Continuously Wear Clothes That Are Too Baggy, For Instance, If The Waist Of Your Pants Hangs Down To Your Buttocks, Your Waist Line Will Eventually Try To Reach The Waist Line Of Your Pants, And You Will Regress Back To The Monkey From Which You Evolved From Homo Erectus. The Evil One Is Doing Everything In His Power To Make You Regress Back To The State Of Homo Erectus. If You Regress Back To That State, Then The Elders Have No Reason Whatsoever To Come For You, For It Is Homo Sapien That Is In Our Image And After Our Likeness.



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The Evil One Has Most Of Our Children Walking With Your Shoulders Slumped Over And Calling It "Cool" When In Fact You Are Making Your Shoulders Round Instead Of Square. This In Turn Ruins Your Posture. As A Result Your Spine Is Unaligned. Your Spine Is Your Central Nervous System And Its Job Is To Carry Messages From The Brain To The Rest Of Your Body. The Spine Also Carries Oxygen To The Brain As Well. So Of Course Once Your Spine Is Unaligned, You Cut Off Oxygen To The Brain. That's Why You May Sometimes Feel Extremely Tired For No Reason; That Is Because There Is No Air Going To The Brain. You Should Also Remember That With Certain Clothing Or Fades Come Certain Stereotypes, Which Have You Already Labeled. **Trends And Fads Label You So, Avoid Fades.**

Also Keep In Mind That Clothing That Is Too Tight Cuts Off Circulation. Avoid Clothes That Are Skimpy For They Attract Certain Types Of People With A Certain Mentality. You Should Not Wear Excessive Amounts Of Jewelry. Now-A-Days It Can Be Very Dangerous. In Whatever You Do, Avoid The Extremes (*Refer To "The Holy Tabernacle Family Guide"*).

**Ques: What Do We Wear When Attending Services Of The Holy Tabernacle?**

**Ans:** You Will Wear Your Religious Attire When Attending Religious Services.

**Ques: Why Do We Call Our Garb Religious?**

**Ans:** We Call It Religious Attire Because That Is The Only Way You Can Overstand. There Is No Other Way I Can Describe Or Explain Some Things To You Without Using Religion Because Unfortunately, That Is The Only Thing That You Can Relate To.

**Ques: Wouldn't We Be Classifying Ourselves With Other Religious Groups Then?**

**Ans:** As Ansaars, We Always Separated Ourselves From Any Other Group. We Didn't Do Anything The Way Other "**Religious**" Groups Did Things. The Muslims Said "**Diyn**" Is Our Way Of Life- However I Always Said, No I Don't Have A Diyn, I Have A Millah, Which Was **Millat Ibrahiym** (The Rites Of Abraham) Or The Way Abraham Learned And Did Things. We Looked At Anybody Who Did Anything Other Than That As Wrong. However, I Have To Refer To Our Garb As "**Religious**" Because That's The Only Thing You Overstand Which Is A Part Of The Hypnotic Spell Cast On You 6,000 Years Ago By **Zuen** By The Command Of **Enqi** Son Of **Anu** And **Iyd** (*Refer To "The Spell Of Kingu, Leviathan 666", Scroll #15*).

**Ques: What Is Our Religious Garb?**

**Ans:** We Have Several Religious Garbs. You Can Wear A **Jalabiyya** If You Wish, An **Immah** Or A **Tagiyya**, Or A **Tarbush**, Or A **Jalaba**, Or **Jubba** Or You Can Wear The **Qamiys** And The **Budlah Nubi**. Our Attire Has Undergone A Metamorphosis Beginning From 1967 A.D. To 1995 A.D. In 1967 A.D., We Wore Black And Green And Were Known As **Ansar Pure Sufi**, Wearing African Clothes Called "**Akbaras**" And Head Coverings Called "**Fuwm**" Of The Hausa Muslims Of Nigeria Because We Were A Part Of An African Movement. We Were Known As **Nubian Islaamic Hebrews** In 1969-1970 A.D. The Brothers Were Attired In The Black **Tarbush** With The Black **Budlah**, Various **Dashikis** And A Bone In The Left Ear.





Diagram 18

Our Garb In The 1960s



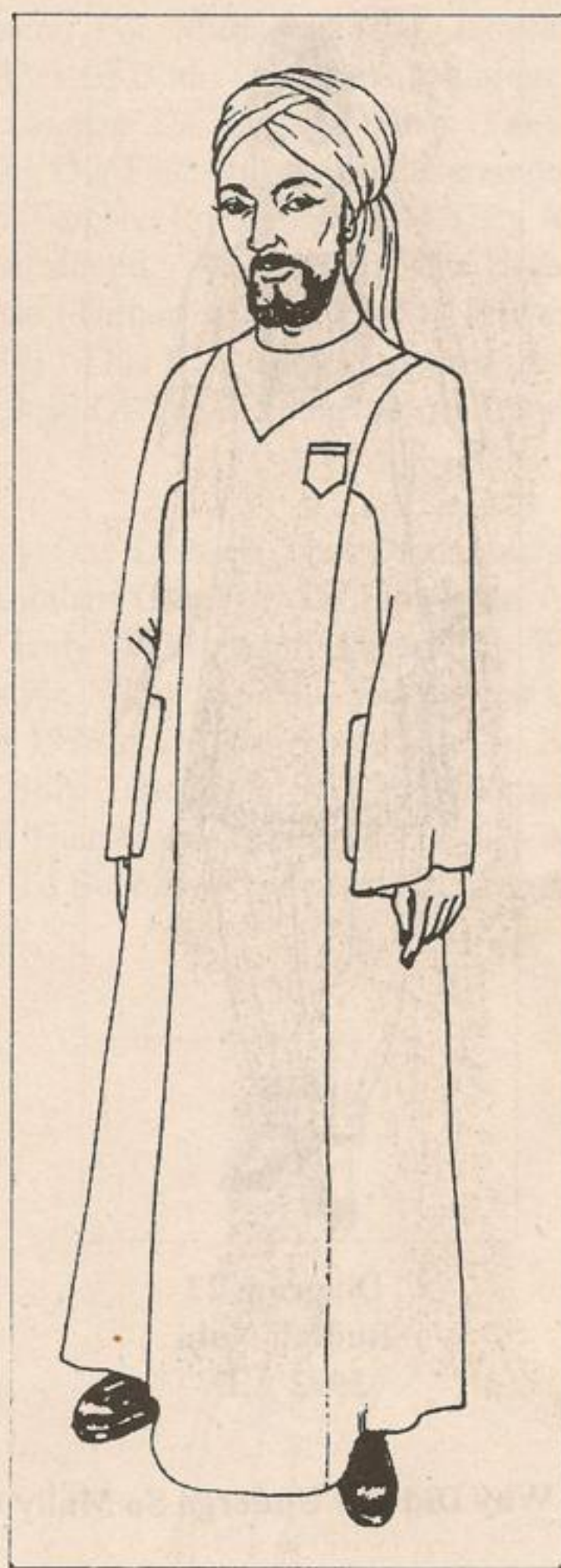
Diagram 19

Between 1971 A.D. And 1974 A.D., In Addition To The Name **Nubian Islamic Hebrews**, We Re-Introduced The Name **Ansaar**, The **Ansaaru Allah Community**; The Brothers Wore The **Jilbab** (Short Jalaabiyya) And The Pill Box **Tajj** With The '**Immah** (A Turban), When We Were Informed That We Should Wear The Garb Of The **Mahdi** As Was Enjoined Upon Us. The Next Stage Of Our Development Was Between 1974 A.D. And 1978 A.D. When We Began To Wear The White Robes Called The Jalaabiyya As Stated In (*Koran 7:13-14*). 1978-1991 A.D With The Women Wearing A Standard Dress And The **Khimar**, The Face Veil (*Refer To Bulletin #2, Women Of The Scriptures*).





**Diagram 20**  
**1971-1974 A.D.**



**Diagram 21**  
**1974-1985 A.D.**

In 1992 A.D. We Started Wearing The **Budlah Nubi** And Forfeited The Garb Of The Righteous And What It Stood For, Which Was Yet Another Stage In Our Growth. Then In 1993 A.D. We Began To Hear About The Chaos And Turmoil In The Middle East Amongst The Muslims That Made A Great Impact And Affected All The Muslims, Or Anyone Associated With Them In America. Foreseeing These Events, And The Danger Of Being Identified Or Associated With Any Sect Of Muslims, In 1994 A.D. We Began To Wear Cowboy And Native American Clothes.





**Diagram 22**  
**Budlah Nubi**  
**1992 A.D.**



**Diagram 23**  
**Kathnuwth**  
**1992 A.D.**

**Ques: Why Did We Undergo So Many Changes?**

**Ans:** The Answer Is Quite Simple, **Growth**, For Everthing That Lives Is Constant, As Constant As Change. For All Is Real In Change, For Change Is The Only Absolute. I Took You From One Stage To Another Trying To Perfect Your Way Of Life. However, You Remained The Same Negroes And Regressed To Wearing The Garb Any Kind Of Way And Became An Insult To The Cultural Artifacts. Yet, Each Stage Of Your Metamorphosis Opened Your Minds And Brought You To The Awareness Of Different Aspects Of Your Culture And Your True Identity.

Now Having An Overall Overstanding That What You Wear Projects, The Image You Wish To Portray. Wear What You Feel Comfortable Wearing Knowing That Whatever You Wear Or Don't Wear Identifies You As Such.

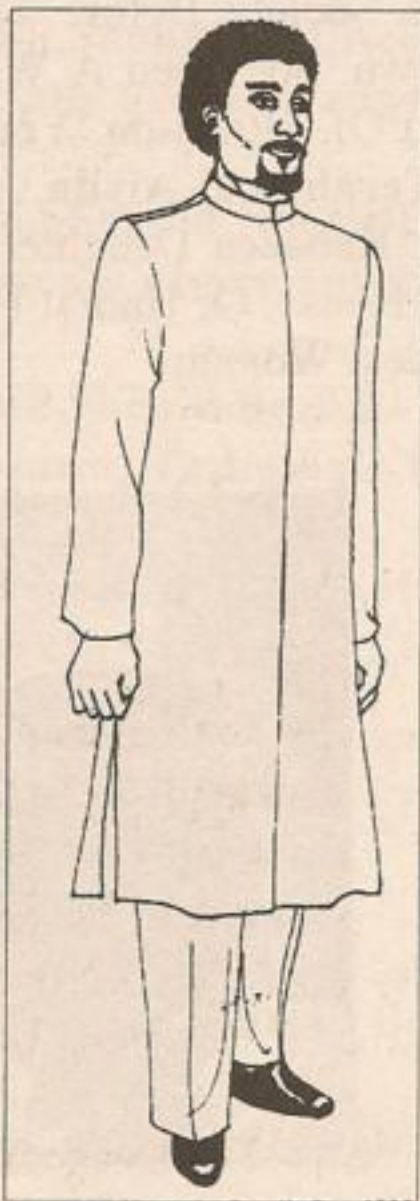


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They Don't Want To Say That. Our Religious Dress Is A Renovation Of The True Dress Of Your Inheritance. We Do Not Want To Be Mistaken For Muhammadans, Jebusites, Or Confused Negroes, Saying That They're Hebrews, Israelites Or Both. Our Dress Is Unique To Us Alone, So That When We're Seen, People Will Recognize Us As **The Holy Tabernacle Ministries**. We Prefer To Wear Our Cultural Garb During Our Festive Days And Ceremonies. The Qamiys Can Be Multi-Colors, Except The Qamiys For The Priesthood; And They Are Not To Be Mistaken Or Confused For The Garb Of The Priesthood. The Garb Of The High Priest Consists Of Linen Parts, Linen Undershirt, Linen Mitre (Turban), Linen Girdle, Woven Blue Robe, Ephod (*Exodus 28:9*), Breastplate (*Exodus 39:30*). This Is A Garb That Only A Man Of Great Faith And Wisdom Can Be Worthy To Wear Because Of The Responsibilities Involved In Such A Title.

It Is A Fact, That There Are Things Such As The Way One Dresses, That Distinguishes One Nation Of People From Another; One Culture From Another; One Way Of Life From Another And One Custom From Another. Likewise, **The Holy Tabernacle Ministries** Will Be Distinguishable For What We Represent And Our Lifestyle. Whatever You Wear, Your Clothes Should Be Worn With Modesty. Now That We Are In 1996 A.D., We Have Gone To Another Level And So Has Our Dress. The Females Of The Holy Tabernacle Will Be Adorned In A Beautiful New Garb And The Males Will Be Dressed In Their Handsome Garb. Both Will Wear Their Crown Or Fez As A Headdress. The Garb Is Only To Be Worn On Special Occasions.



**Diagram 24**



**Diagram 25**

**The New Garb Of The Holy Tabernacle**



### Modesty Today

Whatever Happened To The Modest Woman? Sadly Enough, There Are But Few Left In The World Today. Most Women Walk Loosely About, Not Knowing Their Duties Or Roles As Women. Don't Be Fooled By The Fair-Seeming "Single Women" Philosophy That Has Been Perpetrated By This Society. Today's Society Does Not Project Modesty. Modesty Means Being Reserved, Conservative, And Having Lack Of Conceit Or Vanity. This Definition Of Modesty Does Not Define The Typical Western Woman. Women In This Society Act As If They Are Modest However, They Would Wear A Micro-Mini Dress And Then Have The Nerve To Wear A Slip Under It. They'll Go To The Beach In The Summer And Wear A Bikini And Then Have The Nerve To Hide When A Man Comes To The Front Door And All They Have On Is A Slip. How Ridiculous!

The Modest Woman In This Society Is Considered To Be Outdated. This Concept Of "**Anything Goes**" And "**Do What You Wanna Do When You Wanna Do It,**" Attitude Have Destroyed The Mentalities Of The People. Women Do Not Get Hung Up On That Image That Is Displayed On Television (A Source That "**Tell-Lies-Visually**"). Not Every Woman Has A Perfect Body And Husbands Should Not Make Their Wives Feel Self-Conscious. Also A Man Treats A Woman More Respectfully In Public When She Is Dressed In Clothing That Is Not Seductive To The Opposite Sex. No Man Wants Every Other Man Looking At His Woman The Way He Does. Think About It.

When Are You Going To Wake Up To The Truth Of The **Holy Tabernacle Ministry**? Heed Now Before It's Too Late. Get Your Daughters Out Of This Society Before They Become Harlots. Know That Your Eyes Have A Language Of Their Own, So When A Woman Looks Into The Eyes Of A Man And Vice Versa, This Shows A Sign Of Attraction. Your Daughters Should Be Raised With An Example Of **Sarah** Daughter Of **Terah** And **Aiyda**, Who Always Covered Her Face Whenever A Man Came To Her House, Or **Rebecca** Daughter Of **Bethuel** And **Ziklag** Who Covered Her Face When **Isaac** Came To Her House, Or Hadrat **Faatimah** The Daughter Of **Muhammad** And **Khadijah**. She Was A Pure Modest Woman.



Figure 68  
Sarah Daughter Of  
Terah And Aiyda



Figure 69  
Rebecca Daughter Of  
Bethuel And Ziklag



Figure 70  
Faatimah Daughter Of  
Khadijah And Muhammad



### **Children**

If Your Children Were Always Spotlessly Clean, Never Made Any Noises, Were Always Pleasant When Spoken To, Jumped Up At Every Request, And Never Talked Back, There Would Be Something Very Much The Matter With Them. They Aren't Born That Way, And It Is A Very Long Time Before They Come To Believe That There Is Some Virtue In What You Ask Of Them. However, There Are Certain Manners That Children Should Be Continually Encouraged To Cultivate.

#### **Manners:**

- A. They Should Always Exercise Using Please, Thank You, And Excuse Me. They Are Words That Can Save Everyone A Great Deal Of Trouble And Anxiety.**
- B. A Child Should Get In The Habit Of Greeting Their Friends, As Adults Do One Another.**
- C. A Child Should Also Be Taught To Share And Be Generous To Their Acquaintances.**
- D. A Left Handed Child Is Just That, Left-Handed.**
- E. A Child Should Be Discouraged About Asking For Gifts, Money, Etc., Especially From Strangers.**
- F. A Child Should Not Be Encouraged To Make Derogatory Or Negative Statements About Anyone.**
- G. A Child Should Be Told The Dangers Of Becoming An Eavesdropper, Talebearer, Tattle Tale Teller, Spy, Busy-Body, Peeping Tom, Etc.**
- H. A Child Should Know How To Answer The Telephone Properly, Greeting The Person On The Other End Politely, May I Ask Who This Is, And May I Take A Message, Etc.**
- I. A Child Should Know Not To Give Any Type Of Information To Anyone Over The Phone.**
- M. A Child Should Never Be Disrespectful, Especially To Elders.**

**Ques: How Should Children Be Taught?**

**Ans:** The Children Should Be Taught How To Greet People And Be Kind And Courteous Around Adults, Authority, Family Members, As Well As Their Own Peers. Keep In Mind That



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Parents Teach Their Children According To Their Own Responses And Actions. By That I Mean, How The Parents Show Attitudes Towards Each Other, Authority, Etc. Determines The Mindset Of Their Children. How You As An Adult Show Courtesy And Respect Towards Others Are Their Example. If A Child, Right From The Beginning, Is Spoken To With The Same Politeness And Consideration One Would Give An Adult, He Is Usually A Gently Spoken Child. Shouting Parents, Makes Shouting Children. Children Deserve Respect As Well As Adults. If They Don't Get Respect, How Are They Going To Know How To Give It.

Parents Should Get Into The Habit Of Being Polite And Courteous To Children As Well. You Should Never Walk Into A Crowd Of Children And Not Greet Them. And Don't Forget To Ask How They Are. How Was Their Day? Are They Enjoying Themselves? Little Tidbits Of Encouragement. Also Tell Them Of The Things That Happen To You In The Course Of A Day. Adults Should Always Remember To Say "**Please**", "**Thank You**", "**Excuse Me**", And If The Circumstances Arise, "**I'm Sorry**", When Talking To Youngsters. Also, Never Punish A Child While In A Bad Frame Of Mind. Wait, Cool Down, And Give Yourself Time To Think. And An Adult Should Never Question A Child That Is Not Theirs In The Business Of His/Her Parents Or Relatives Or Ask A Child A Question You Wouldn't Dare Ask Their Parents.

**Ques: What About Teen-Agers, How Should They Be Taught?**

**Ans:** Teen-Agers, Especially In Recent Years, Feel That They Inhabit A World Of Their Own In Which They Can Make Their Own Rules. Parents Who Break Through Can Make Their Teen Sons And Daughters Realize The Discourtesy To Other People, Who Also Have Rights, When They Are Noisy In Public, Or Any Other Convenience Or Possession Meant For General Sharing. Every Teenager Needs To Be Reminded To Show Respect And Courtesy Towards Adults And To Be Protective And Kindly Toward The Younger And Weaker.

Teenagers Rightly Complain That Parents Nag. Nagging Is Irritating And Virtually Useless Particularly Between Parents And Teenagers. Rather Than Nag, It's Better To Get Their Full Attention First, Tell Him/Her Once, And Then Perhaps Leave Written Reminders Of What You Want Him/Her To Do. It Is More Effective To Tell A Teen-Ager That You Know He Has Done Something Of Which You Disapprove Than To Ask Him If He Has Done So. It Is Good To Teach Children To Freely Confess Their Wrong-Doing.

**Ques: Does The Salvation Still Lie In The Hands Of The Children?**

**Ans:** Around The Globe, It Is Commonly Agreed That The Salvation Of The World Lies In The Hands Of Your Children. You Must "Save The Children". If You Guide The Curiosity, Energy And Innocence Of The Children Towards **The Holy Tablets** And The Laws Of **Nuwaubu**, These Children Will Lead You Back To The **Eloheem**. This Is Why Instilling Virtues, Guidelines And Disciplines In The Children At An Early Age Is Important.

Women Must Overstand Their Role In Society And Stop Allowing The Evil Ones To Make You Feel That Being A Mother, Teacher Of Your Children And A Housewife Is An Inferior Role For Women. For Example After Having A Baby They Are Quick To Give You A Pill To Dry Up



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Your Breast Milk When They Know That Breast Feeding Helps In The Development Of A Healthy Body And Sound Mind Of The Infant. The Women Must Realize That She Holds The Key To The Nation. The Men Are To Provide For The Mother And The Child's Material Needs. He Is To Give Emotional And Spiritual Support After The Birth Of A Child. He Is To Love His Offspring And Establish A Relationship With The Baby Before It Is Born.

Many Parents Have Been Ruined By The Immortality Of Living In The Image And Likeness Of The Harlot (Beast). And They Pick Up These Examples. The Children That Are Being Born Today Are Extraordinarily Alert, Inquisitive, And Intelligent, They Sleep Less, They Walk Earlier And Are Able To Learn Faster, Therefore, Their Inquisitiveness Must Be Guided Positively. They Must Be Educated And Cautioned Against The Evils Of This Steadily Deteriorating Society.

They Must Be Informed Of Their True History And Their Purpose. They Must Be Taught About The Wiles Of Becoming Involved In The World And It's Dangers Of It's Fair-Seeming Attractions. Their Education Must Start At Birth.

In Infancy A Child Is In A Most Inquisitive And Perspective Stage In Which He Is Highly Intune With His Sense Of Touch, Taste, And Sight. These Senses Are So Strong Because The Infant Has Not Yet Learned To Formulate Words For Expression. Infants May Not Be Able To Tell You What They See, But They Can Let You Know In Other Ways.

The Children's Education Is Not Only In Learning Scriptures. They Are Taught Many Skills Such As Carpentry, Sewing, Cooking, Etc. As Well As Their Basic Studies And Etiquette.

Playtime Is Also Very Important Because It Allows The Child's Imagination To Flourish, And His/Her Creative Abilities To Develop. Spend Some Time Planning Their Leisure So That It Will Be Educational As Well As Fun. Give Them Books With The **Nuwaubic** Alphabet (*Refer To "Nuwaubu Nubic Alphabet Coloring Book"*) As Well As English. Have Story Time Relating Our Stories To Them (*Refer To "Nuwaubu Coloring Books" And "The Holy Tablets"*); Stories Of Upcoming Holidays And Festivals (*Children's Day, Friendship Day, Prophets And Angels Day, Etc.*), How They Should Be Celebrated, And Instill Their Meanings In The Hearts And Minds Of The Children.

Childcare Is Very Important For A Healthy Child. Babies From Infancy To Two Years Old Should Not Be Left To Sleep Alone In Another Room Or In The Care Of Anyone Other Than Parents Or Family Members. From Two To Seven They Are Like Computers And Whatever Is Put In Them Becomes A Part Of Their Life. Around Seven They Inherit Imagination. At This Stage In Their Life It Is Important That They Get Proper Direction. Between Seven And Fourteen They Are Predominantly The Kind Of Character They Will Be In Life. And If A Child Grows Up Around Lies, Deceit And Trickery, Then That Child Will Be A Conniving, Deceitful Liar That Cannot Be Trusted. From The Age Of Fourteen On, Is When A Child Is Taught To Put Away The Myths And Fables And Begin To Accept The Facts Of Life.



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Fifteen To Nineteen They Are Taught To Stop Acting Silly And Start To Make Vivid Plans For Their Future. A Child With Too Many Responsibilities Too Soon Inherit Mental Problems And A Child With Not Enough Responsibilities Becomes Lazy. So Balance Their Work Habits And Teach Them That They Have To Earn What They Get In Life. They Must Be Taught That Hard Work Pays Off And Appreciate What They Have In Life, Value Of Family, And Value Themselves And Respect Their Bodies.

Children Should Be Taught Neatness, Cleanliness, And Good Manners. They Should Respect Their Elders And Authority. They Should Be Taught Generosity, Charity, And Self-Help. They Need To Learn The Habit Of Work And Fair-Dealing, So That They Will Appreciate All The Little Things In Life And To Begin All Acting And Thinking By Using **Al Kuluwm**.

A Child Should Never Be Left To Think That He Has Gotten Away With A Thing. This Breeds Nonchalance And Sneakiness. Objects Such As Belts, Switches, Coat Hangers, Extension Cords, Etc., Are Not Advisable To Use For The Chastisement Of Children. However, Chastisement Is Necessary For Discipline, Not To Inflict Harm Or Damage.

**Proverbs 22:6**

**Modern Hebrew Script**

עַן נֶךְ לְנַעַר עַל־פִּי דְרָכּוֹ גַם כִּי־יִזְקֵן לֹא־יִסּוֹר מִמֶּנָּה:

***KHAW-NAK*** (INITIATE, DISCIPLINE) IN A ***NAH-AR*** (CHILD FROM INFANCY TO AGE 13) IN THE ***DEH-REK*** (COST OF LIFE) HE SHOULD ***FEH*** (GO): AND ***KEE*** (WHEN) HE IS A ***ZAW-QANE*** (ELDER), HE WILL NOT ***SOOR*** (DEPART).

**If You Initiate Proper Discipline In A Child From Infancy To The Age Of 13 On The Right Way Of Life That He Should Take When He Is An Elder He Will Not Depart From That Way.**

**Right Translation In Aramic (Hebrew) By:**

**Dr. Malachi Z. York**

Mistranslation For King James 1611 A.D.

***"TRAIN UP A CHILD IN THE WAY HE SHOULD GO: AND WHEN HE IS OLD, HE WILL NOT DEPART FROM IT. "***

If You Chastise Your Child For Not Saying His Blessing Before He Eats, Make Sure You Always Say Your Blessing Before You Eat. You Must Be An Example To The Children Or All The Chastisement Will Be In Vain. The Child Will Not Take Chastisement To Heart And Soon Will Become Lax.

**Ques: Can We Put Cosmetics On A Child?**



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**Ans:** Do Not Put Cosmetics On A Child, Male Or Female. This Adds To Their Vanity, Especially Girls More So Than Boys. When A Female Child Is Young, Her Vanity Should Be Directed In Another Direction, Instead Of Teaching Her How To Be Vain, Her Mother Should Be Grooming Her To Be A Beautiful Young Lady.

If A Girl Is Not Groomed Properly She Will Only Grow Up To Be A Filthy, Disgusting Woman. But If She Is Groomed From An Early Age By Her Parents, She Will Become Just The Opposite. It Is Important That Parents Be There For A Young Girl Or Lady Turning Into A Woman. For She Tends To Go Astray Far More Easier Than A Boy, When She Gets To A Certain Age. Menstruation Is A Step Into Adulthood For She Can Now Bare Children. A Young Girl Who Has Begun Her Menstrual Cycle Receives Her **Bane Mitzwah** (Refer To "**Bane Mitzwah**", **Scroll #13**). She Needs More Guidance. Some Topics That A Mother Can Discuss With Her Daughter Who Is Growing From A Young Lady To Becoming A Woman Are:

**A.** Her Body.

**B.** How To Take Care Of Her Body As Far As Washing Is Concerned.

**C.** How To Wear Perfume And Underarm Deodorant.

**D.** How To Take Care Of Her Own Clothes, Washing, Ironing, Sewing, Etc.

**E.** What Is Menstruation And Why It Occurs.

**F.** What Should She Do During That Period Of The Month (As Far As Cleaning Is Concerned).

**G.** What Is Sex, Pregnancy, Etc. And How To Take Care Of Her Body When She Becomes Sexually Active. The Odors Your Body Can Carry If You Are Having Sex And Not Washing Internally, Etc. Teach Her Cleanliness And Good Habits So That She May Be A Clean Adult.

I Can Go On And On About This Topic But These Are Just A Few Things That A Parent Should Address To Her Daughter When She Is Becoming A Woman. This Is Important, Because When She Grows Up, If She Hasn't Had Proper Grooming, She Will Blame The Parent And May Never Forgive You For It.

**Ecclesiastes 11:10**

**Modern Hebrew Script**

וְהָסֵר כַּעַס מִלִּבְּךָ וְהִעֲבֵר רָעָה מִבִּשְׁתְּךָ כִּי־הֵילֵדוֹת וְהַשְׁחָרוֹת הֵבֵל:

**THEREFORE SOOR (REMOVE) KAH'-AS (ANGER) FROM LAVE (YOUR HEART), AND AW-BAR' (PUT) SOOR (AWAY) RAH (DISAGREEABLENESS) FROM BAW-FAWR' (SKIN**



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*OF YOUR FLESH): FOR YAL-DOOTH (CHILDHOOD) AND SHAKH-AR-OOTH (YOUTH)  
ARE HEH-BEL (VANITY).*

**So, Remove All Anger From Your Heart And Out Away All Disagreeableness From Your  
Flesh: For Childhood And Youth Are Vanity.**

**Right Translation In Aramic (Hebrew) By:**

**Dr. Malachi Z. York**

Mistranslation For King James 1611 A.D.

*"THEREFORE REMOVE SORROW FROM YOUR HEART AND PUT AWAY EVIL FROM THE  
FLESH: FOR CHILDHOOD AND YOUTH ARE VANITY."*

Boys Are Also Vain And If Not Directed Or Groomed From Youth; Will Grow Up To Be Slobs.  
In The Western World People Always Associate Proper Grooming With Being Feminine. Boys  
Need Grooming Also. They Need To Be Taught Things Such As:

**A.** How To Take Care Of Themselves As Far As Physical Hygiene Is Concerned.

**B.** He Should Always Be Smelling Good.

**C.** How To Groom His Hair, Combing, Cutting, Styling, Etc.

**D.** Why He Will Have To Wear Facial Hairs.

**E.** How To Shape And Trim Facial Hairs.

**F.** Sex And His Body. Etc.

This Too, Like The Girl's List, Can Go On And On, But This Is Just A Basic Idea Of What A  
Boy Needs To Know As He Becomes A Young Man. He Receives A **Bane Mitzwah** As Well  
(Refer To "**Bane Mitzwah**", Scroll #13).

**Ques: What Are The Best Remedies For Curing Sick Children?**

**Ans:** It Is Better To Give Children Natural Remedies, Instead Of Overloading Their Systems  
With A Lot Of Artificial Chemical Medications That Have Side Affects Which Further Stress  
The Body. Babies With Colic Can Receive Catnip Tea, Fennel, Or Peppermint Tea. Catnip Also  
Has A Sedative Effect On The Nervous System. Slippery Elm Acts To Neutralize Stomach  
Acidity And Absorbs Gas. Diarrhea Can Be Worrisome, But It Should Be Remembered That It  
Is Nature's Way Of Removing Toxins From The Body. Cooked Carrot Soup (Carrots And Water)  
Is Very Beneficial For Diarrhea Because It Coats The Inflamed Small Bowel, Soothes It, And  
Promotes Healing. Constipation Can Be Relieved By Insuring The Child Gets Plenty Of Water



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And Fresh Foods Which Contain Fiber; Babies Can Use Weak Licorice Tea, Or Barley Malt Powder.

Fever Is A Natural Body Defense. It Speeds Up Chemical Reactions In The Body Needed For Healing, And Slows The Growth Of Invading Organisms. Baths In Lukewarm Water (For 20 Minutes) Can Be Used To Bring Down A Fever If It Gets Too High, (Over 102 Degrees F.). Those With Colds Can Be Given Extra Vitamin C, And Fresh Garlic Cloves Or Garlic Water; Garlic Is A Natural Antibiotic.

Ear Infections Are Relieved With Lobelia Extract, Garlic Oil, Or Mullein Oil In The Ear. Marigold (Calendula), Aloe Vera, And Vitamin E Oil Are Effective In Treating Skin Problems Such As Diaper Rash, Eczema, And Dermatitis.

### **Bathroom**

#### **Bathroom Etiquette:**

- A. Each Person Should Have His/Her Own Towel, Washcloth, Toothbrush, Istringa Bottles, Douche Bags And Razors.**
- B. Always Wear Slippers In The Bathroom.**
- C. Always Use A Clean Washcloth And Towel After Bathing, Wet Towels Hold Bacteria.**
- D. Always Clean The Shower Stall And Bathtub After Bathing.**
- E. Do Not Eat And Drink In The Bathtub.**
- F. Always Leave The Bathroom Neat And Clean After Using It.**
- G. Do Not Flush Sanitary Napkins Down The Toilet.**
- H. Always Properly Dispose Of Sanitary Napkins.**
- I. Your Bathroom Should Always Smell Good.**
- J. Never Let Children Play In The Bathroom.**
- K. Always Check To Make Sure Waste Is Flushed Down The Toilet Before Leaving The Bathroom.**
- L. Don't Bathe With Children, They Should Bathe In Their Own Bath Water.**
- M. The Bathroom Should Always Be Well Supplied With A Detergent, Sponges,**



**And A Brush, So That Everyone Can Easily Clean The Bathtub Or Shower Stall If It Needs It.**

- N. If The Mirror Is Dirty When You Enter The Bathroom Make Sure You Clean It.**
- O. The Bath Mat Should Be Neatly Hung Over The Side Of The Tub To Dry And The Shower Curtain Should Be Cleaned And Spread Wide To Dry, And The Window Should Be Opened To Air Out The Room If Needed.**
- P. If The Shampoo, Soap, Toilet Paper, Or Facial Tissue Has Run Out, The Last Person To Use It Should Go To The Supply Closet And Immediately Replace It.**

When Using The Toilet, Make Sure The Toilet Seat Is Clean Before Sitting On It. Bleach Is The Best Disinfectant To Use When Dealing With Germs. Bleach Disinfects 99.9% And Is A Greenish-Yellow, Gaseous Element Found Mainly In Combination With Sodium As Common Salt, Used In Bleaching And Disinfecting. Chlorine Is Bad-Smelling And Very Irritating To The Nose, Throat And Lungs. Its Atomic Number Is 17. And Its Symbol Is Cl, On The Element Chart. Do Not Use Bleach In Combination With Ammonia (Another Disinfectant), It Can Be Fatal If Inhaled Or Digested. Please Keep This And All Other Chemicals Out Of The Reach Of Children. Don't Discharge Urine On The Floor Of The Bathroom.

Clean Yourself Thoroughly After Toilet Use. Always Wipe From Front To Back To Avoid Contamination Of Feces. Rinse Thoroughly With Plenty Of Water (Using A Squeeze Bottle, Cup, Or Cloth), And Use Soap As Needed, After Urine Or Stool. Pat Yourself Dry. Avoid Straining When Moving Your Bowels As This Can Cause Hemorrhoids. Use White, Scentless Toilet Paper, As Artificial Perfumes And Dyes Can Cause Adverse Reactions, Especially In Women.

Once You Have Relieved Yourself Of Urine Or Stool, Use Water And A Wash Cloth, Which Should Only Be Used For This Purpose And This Purpose Only, To Clean The Private Parts Or Purify Yourself With Water Only. Do No Use This Same Wash Cloth To Bathe Yourself With. This Process Is Called **Istinga**. Also Remember To Disinfect And Rinse Your Washcloth Well After Istinga, So It Doesn't Hold Any Foul Odors.

**Istinga** Is The Process Of Cleaning The Private Parts With Water After Urinating, And With Soap & Water After Defecating. Always Use The Hand You Don't Use To Eat When Washing Yourself For Hygienic Purposes, As Well As Making Sure You Wash Your Hands With Soap Before Exiting The Bathroom.

Always Relieve Yourself By Using A Toilet. However, When A Toilet Is Not Accessible, It Is Permissible To Discharge Urine On Soft Ground So That The Drops Do Not Splash. In Some States Depending Upon Where You Live It May Be Against The Law To Urinate Outside, Therefore, Use Your Own Discretion, And Abide By The Laws Of Your State. Be Careful Not To Let The Urine Splash On Your Clothes, Or You Will Be Walking Around With A Foul Odor.



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Also, If You Make Ablution For Prayer You Will Still Be Unclean Because The Urine Is On Your Clothing. It Is Better To Pass Urine In A Sitting Position; Standing During Urination Is A Very Dirty Habit And Should Be Avoided. As Children, Men Were Taught To Stand In Front Of Urinals With Their Genitals In Their Hands And This Was Said To Be The Proper Way To Urinate. However, The Proper Way To Urinate For Both Men And Women Is To Sit Down. But If You Prefer To Stand Up And Urinate, It Is Your Choice.

Do Not Sit Down To Answer The Call Of Nature, On The Roadside, The Highways, In A Pool Or Shaded Places; Neither In Doorways. Such A Practice Shows Disrespect Of Oneself And Is Derogatory To Rules Of Propriety And Good Manners.

Before Entering The Bathroom, It Is Sanitary To Put Shoes Or Slippers On Your Feet.

### **Eating**

#### **Etiquette For Eating:**

- A. Do Not Talk While Eating, This Is To Avoid Spillage Of Foods, As Well As Unpleasant Topics Which Would Spoil The Meals For Others. It Also Eliminates The Diners Talking With Their Mouth Full.**
- B. Eat Silently: Don't Slurp Drinks And Beverages, Nor Chew Loudly As To Let Anyone Else Hear.**
- C. Close Mouth While Chewing. There Is Nothing More Disgusting Than Observing Someone While In The Process Of Chewing Their Food.**
- D. Never Put Liquids Into The Mouth If It Is Already Filled With Food.**
- E. Don't Over Fill Your Plate, Take A Sizable Amount, If You Want More Ask For It Politely.**
- F. Never Criticize The Food Served, If The Food Is Not Wanted, Politely Say: I Don't Care For Any, Thank You.**
- G. Get Into The Habit Of Complimenting And Being Gracious After A Meal Is Done, For Example Say: I Enjoyed My Dinner, Thank You.**
- H. Do Not Look From One Dish To The Other During Mealtime.**
- I. When Washing Hands Before Meals Be Exceedingly Careful In Cleansing Your Nails And Between Your Fingers.**
- J. When Leaving The Table One Should Excuse Themselves As Discretely As Possible And Return The Same Way.**



- K. One Should Always Put His/Her Food Into Plates Or Bowls. Never Eat Out Of Cans Or Boxes.**
  - L. Pleasant Surroundings Contribute To Pleasant Experiences.**
  - M. The Host/Hostess Of The House Should Always Be Sure To Have The Cleanest And Most Attractive Atmosphere Possible. Attractive Tableware, Tablecloths And Napkins. The Beautiful Preparation And Arrangement Of The Food Are Equally Important.**
  - N. Don't Put Elbows On The Table.**
  - O. Don't Reach Over Anyone While At The Table, If Something Is Needed Ask For It To Be Passed To You.**
  - P. Drink Out Of Glasses Or Cups, Not Out Of Jars Or Bottles.**
  - Q. It Is Better To Eat Out Of Glassware, Rather Than Plastic, Because Plastic Holds Germs And Odors.**
  - R. If Something Is Distasteful That You Are Eating, Do Not Spit It Out On The Plate, Use A Napkin.**
  - S. Do Not Wipe Hands On The Tablecloth, Or Clothing.**
  - T. Always Use Utensils For Serving, Do Not Use Your Hands.**
  - U. Do Not Use The Same Utensils That You Are Eating With To Serve Food.**
  - V. Eat Neatly, Without Dropping Food On Table Or Floor.**
  - W. When One Has To Burp Or Cough, Always Place A Napkin Or Hand Over Your Mouth And Turn Away From The Table.**
  - X. You Should Always Come Fully Dressed, And Dressed Neatly To The Table.**
  - Y. You Should Sit Up Straight In Your Chair.**
  - Z. You Should Not Lay Or Stand While Eating, It Is Unhealthy For Your Body.**
- Table Manners For Children:**

In Encouraging Children In The Proper Table And Eating Etiquette, It Is Very Important That The Child's Plate Is Never Overwhelming. Too Much Food Presented Before A Child Inspires Gluttony. Always Place A Moderate Portion Of Food On The Plate. You Don't Want The Child



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To Feel That He/She Is Being Pressured Into Eating More Than He Wants. However, You Should Encourage Them To Eat All Of Their Food As Not To Be Wasteful. They Should Be Taught To Be Appreciative And Thankful For A Healthy And Nourishing Meal. If He/She Wants Seconds He Will Ask.

**A Child Should:**

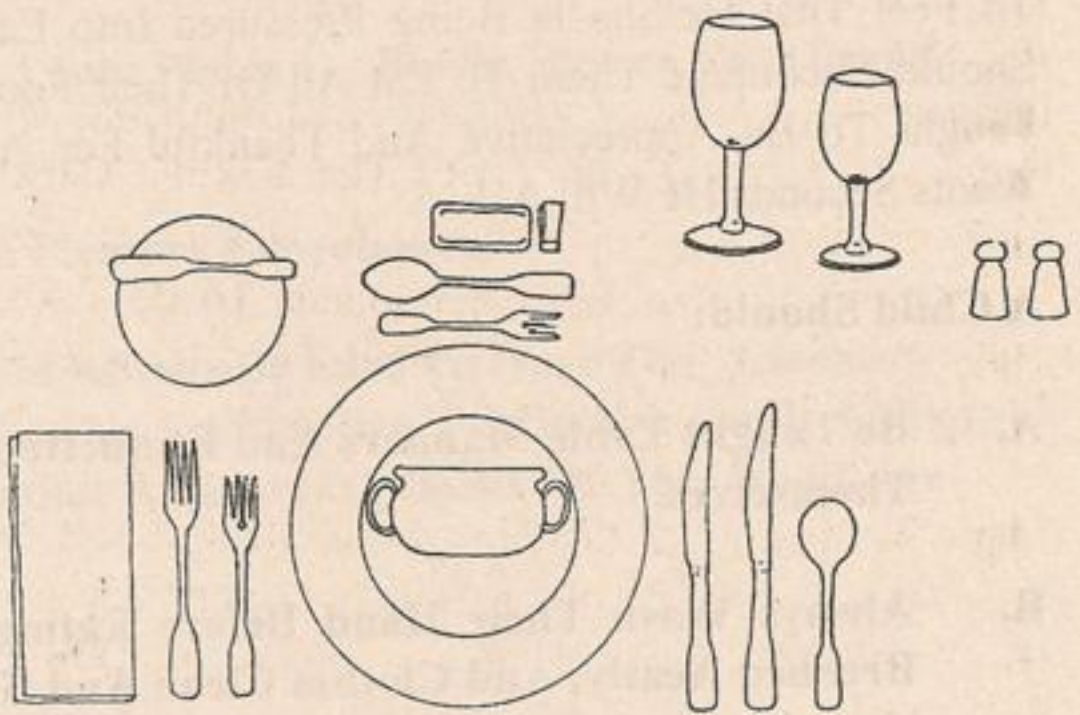
- A. Be Taught Table Manners And Etiquette As Soon As They Are Enough To Feed Themselves.**
- B. Always Wash Their Hand Before Eating At The Table, Hair Is Combed Or Brushed Neatly, And Clothes Clean And Neat.**
- C. Chew Quietly And With His/Her Mouth Shut.**
- D. Be Taught What Utensil Is Used For What Types Of Food.**
- E. Learn Not To Reach Across The Table But To Ask For Whatever Is Needed With A Polite "Please", And Say "Thank You," When She/He Receives It.**
- F. Not Play With His/Her Food, And To Be Careful Not To Spill Anything Over.**
- G. Learn To Politely Ask To Be Excused From The Table If She/He Wishes To Leave After She/He Is Finished Eating.**
- H. Learn To Sit Up Straight And Keep Their Hands In Their Laps When Not Occupied. This Should Be Insisted Upon To Prevent A Careless Attitude. They Must Not Be Allowed To Play With Napkins, Etc.**
- I. Never Gesticulate With Her/His Knife And Fork.**
- J. No Talking With Food In Your Mouth.**

**Setting The Table:**

**Ques: How Do You Set The Table?**

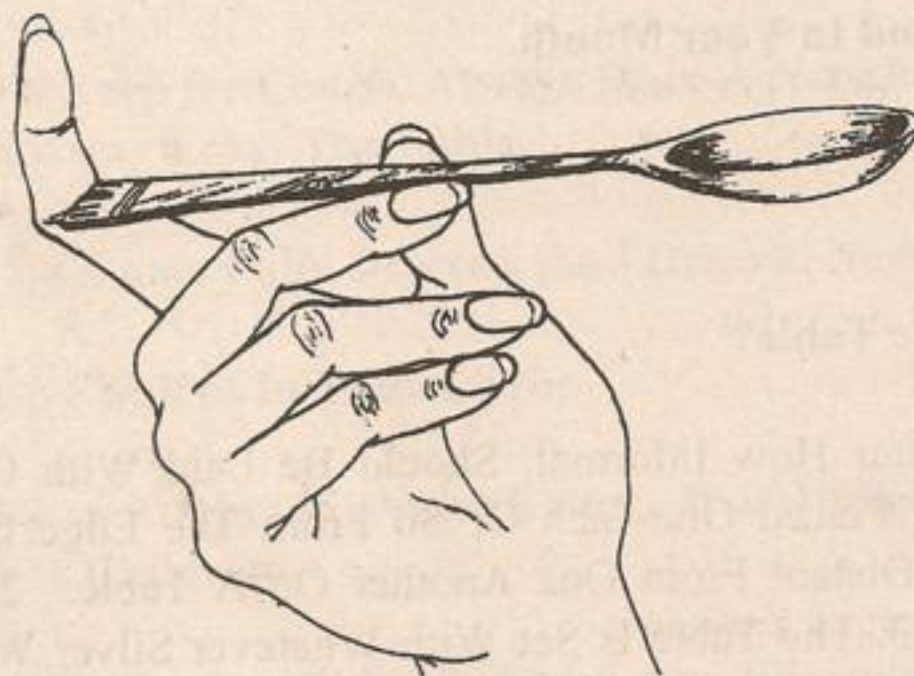
**Ans:** Every Table, No Matter How Informal, Should Be Laid With Care And Attention To Detail: 1. The Flatware Is Placed One Inch Or So From The Edge Of The Table At Place Settings That Are Equally Distant From One Another On A Table. 2. The Napkin May Be Placed On The Place Plate. 3. The Table Is Set With Whatever Silver Will Be Needed For The Meal. 4. To The Left Is A Fork, For Meat And Salad. 5. On The Right Is The Knife For Meat. 6. Spoon For Soup Is To The Right Of The Knives.





**Diagram 27**  
**Setting For Formal Dinner**

We, The Children Of The **Eloheem** Have A Certain Way We Hold Our Eating Utensils (Forks, Spoons, Knives Etc.) While Eating As Shown In The Diagram Below. This Is A Part Of Our Own Tradition. When Cutting Your Food Hold Your Fork The Same In Whatever Position Is Comfortable For Your Hands. You Should Never Use Your Fork As A Gesture While Talking.



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It Is Sanitary To Wash Your Hands Before And After You Eat Because Your Hands Carry A Lot Of Germs. The Ritual Of Washing Your Hands Before You Eat Or Touch Anything Sacred Came From **Mother Ninti**, The Daughter Of **Anu** And **Si**. When **Mother Ninti** Was In The Process Of Creating The Human Being She Washed Her Hands First. And Then Said Her Affirmation. From Then On The Custom Of Washing Your Hands Became Known.



**Figure 71**  
**Si The Wife Of Anu**  
**Mother Of Ninti**

Never Sit Down To Eat When Your Bowels And Bladder Are Under Pressure, This Causes Undue Stress. Relieve Yourself Of Stool And Urine Before Eating And Remember To Wash Your Hands Afterwards With Soap. Use The Hand You Don't Use For Every Day Normal Usage For Eating.

Whenever You Use The Bathroom Whether Its Urination Or Defecation, Do It Immediately. Your Body Basically Tells You How To Take Care Of It. Holding Urine For Long Periods Of The Time Can Cause Bladder And Liver Infections.

For Cleaning The Private Parts Of The Body, The Feet And For Cleaning The Nose, Also Use The Hand You Don't Use For Every Day Usage. Be It Your Right Hand Or Your Left. Whichever Hand You Use Most Often, You Should Teach Yourself To Use The Opposite Hand Just As Well.

If You Are Left Handed. It Is Not Considered A Negative State Because That Is The Way Your Brain Functions. This Happened When The Meteorite Hit The Planet And Shifted The Planet To A 23° Degree Axis (*Refer To "Mythology", Scroll #35*). Before This Meteorite Hit, Everybody On The Planet Was Ambidextrous. Meaning They Used The Right Hand As Well As The Left Hand. You Can Even Find People Today That Are Ambidextrous. You Find Many People Tend To Lean To The Left Side. This Is Because The Earth Is Tilted On A 23° Degree Axis. The Heart Was Once In The Middle Of The Chest. And Now It's On The Left Side Of The Body.

*"As You Eat, Think Of Those Who Don't Have And Give Thanks."*  
From The Sayings Of Dr. Malachi Z. York

All Of Your Great Teachers Of The Scriptures Gave Blessings And Thanks To **The Most High** Before Partaking Of Their Food. However, There Are No References In The Holy Scriptures To



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Tell You Exactly What Your Great Teachers Said Before And After Eating Their Meals. You And Your Family, In Order To Give Thanks To **The Most High** For Providing You With All Your Needs, Can Say Whatever Is In Your Hearts. Remember That All Gratitude Is Due To **The Most High**, For Giving Us Food, Drink, Good Health, Well-Being And **Nuwaubu**.

**Our Grace Before Meals**

*Begin All Prayers And Thinking By Using Al Kuluwm*

*Hassa' Amma Na Najlesua Ja Haza Tarabuz Fi Mahulnaa,*

*Na Naselua El Elyown Liyya A'rudnaa Na'um,*

*Wa Na Atha Hamudmul Ila El Elyown*

*Li Haza Aklu Na Sofa Nakelua, Liyya Fayud Gisumnaa*

*Wa Nafun Na Guwuy, Fa Gabla Na Nakelua, Na Sofa Nabhebua Liyya Nafun Hamdan.*

*Now As We Sit Down At This Table In Our Place, We Ask The Most High To Show Us Grace And We Are Grateful To The Most High For This Meal We're About To Eat, We Nourish Our Bodies And Give Us Strength, So Before We Eat, We Would Just Like To Give Thanks.*

**Maintenance Of Health**

*"Nature Has Already Helped You Succeed If You Are Healthy."*

**From The Sayings Of Dr. Malachi Z. York**

Health Is A Great Blessing And A Valuable Trust From **The Most High**. Regard Your Health With Great Value And Take Every Care To Safeguard It. Health Once Lost Is Hard To Recover. A Little Negligence Of An Ordinary Sickness Can Ruin Your Well Being And Even Your Life.

To Neglect The Rules Of Hygiene And To Be Indifferent Towards The Proper Maintenance Of Health Is To Reject The Natural Responsibility To That Which Is Great Within You. The **Eloheem** Like Qualities Which **The Most High** Has Bestowed Upon You. It Is An Act Of Ingratitude. There Was A Period Of Time When You Had Knowledge, Not Beliefs Or Faith. This Is **Right Knowledge**, Knowledge Based On Facts Of That Which You Can Prove And See, Not Based On Faith Or Belief. We Don't Want To Just Believe Things Anymore. Belief Is Ignorance, The Acceptance Of Things That You Do Not Know. When You Were In The Right State Of **Eloheem**, You Did Not Have Beliefs, You Knew (Had Facts), Because You Were The **Eloheem** That Everybody Worshipped (*Genesis 3:22*).

You Are The Caretakers Of Your Bodies. Your Bodies Being Merely A Shell Or Temporary Housing For The Soul And Spirit; Our Essence As Ether People, Supreme Beings, The **Eloheem** (*Refer To "What Is Soul And Spirit?", Scroll #110*).



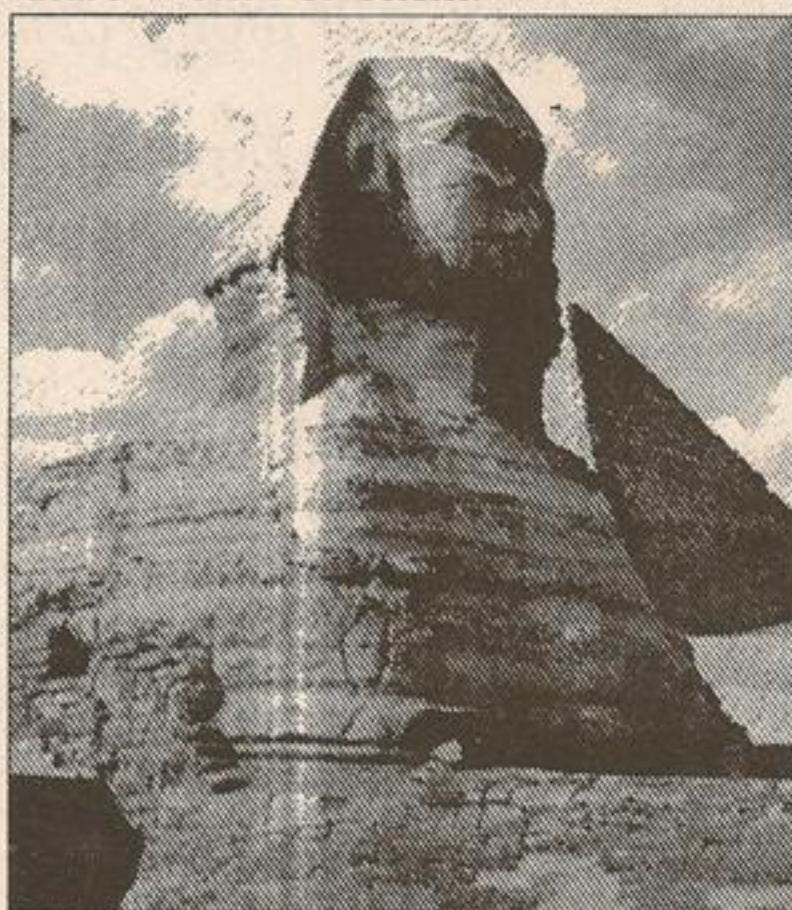
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It Is Imperative That You, (As Striving Children Of The **Eloheem**), Be Of Sound Mind (Intellect) And That Your Bodies Be Physically Fit And Clean At All Times, And That You Set An Example For The Children Who Come After You. By These Principles You Cultivate Healthy Individuals With The Strength, Energy, And Will, Necessary To Build A Nation.

**Ques: Without My Health Can I Still Get In Touch With The Higher Senses?**

**Ans:** Preserving Your Health Is Of Primary Importance, For Without Good Health (A Well Functioning Body And Mind), It Would Be Increasingly Difficult To Get In Touch With The Higher Senses. When The Body Is Sick, It Is Weak; And A Weak Body Means The Mind Cannot Function To Its Full Capacity, Imposing Limits And Confirming The Thoughts. All Faculties Are Needed To Expand The Mind, Senses, Creativity; And Those Latent Powers That You As Nubians Had Long Ago. The Ancient Kemites (Egyptians), Directed Their Energies Toward Nature, And Made Nature Work For Them.



**Figure 72**

**The Pyramids And The Sphinx Are Evidence Of Great Kemite Engineering**

The Ancient Kemites Built The Pyramids, Controlled The Weather, And Practiced Healing Sciences. These Powers Are Still Present Within You; You Have Long Forgotten How To Use Them. Once Developed, You Can Use These Powers Within To Heal Yourself. The Etheric Connection With **The Most High** Is Your Source.

However, There Are No Promises. Health Does Not Come Without Effort Or Thought. There Is No Magic Pill Or Instant Prayers That Will Produce It. If You Live According To The Laws Of Nature Of **The Most High**, Then Good Health And Peace Of Mind Will Be Yours. However, If You Become Careless And Neglect Your Health, Sickness And Death Can Also Be Yours. Many Have Systematically Ruined Their Health, With Poor Diet, Drugs, Bad Living, Stress, And A Depressed State Of Mind. No Matter What Your Condition, It's Not Too Late. Start Now, With The Basics, Nourishing The Body And Mind. Take Responsibility For Your Actions, That Is The Key To Success! It Is Your Choice, You Have The Power To Change Your Life.



**Ecclesiastics 3:1-3**

**Modern Hebrew Script**

לְכֹל זְמַן וְעֵת לְכָל-אֶפְסָן תַּחַת הַשָּׁמַיִם: אֵת לָלֶדֶת וְעֵת לָמוּת אֵת לִטְעַם  
וְעֵת לַעֲקוֹר נְטוּעַ: אֵת לַהֲרוֹג וְעֵת לְרַפּוֹא אֵת לִפְרוֹץ וְעֵת לִבְנוֹת:

*TO EVERY THING THERE IS A ZEM-AWN (SEASON), AND A AYTH (TIME) TO EVERY KHAY-FETS (DELIGHT [PURPOSE]) UNDER THE SHAW-MAH-YIM (SKIES): A AYTH (TIME) TO BE YAW-LAD (BORN), WA (AND) A AYTH (TIME) TO MOOTH (DIE); A AYTH (TIME) TO NAW-TAH (PLANT), WA (AND) A AYTH (TIME) TO AW-KAR (PLUCK UP) THAT WHICH IS NAW-TAH (PLANTED): A AYTH (TIME) TO HAW-RAG (KILL), WA (AND) A AYTH (TIME) TO RAW-FAW (HEAL); A AYTH (TIME) TO FAW-RATS (BREAK DOWN), WA (AND) A AYTH (TIME) TO BAW-NAW (BUILD UP);*

**To Everything There Is A Season, And A Time To Every Delight Under The Sky. A Time To Be Born, And A Time To Die; A Time To Plant, And A Time To Pluck Up That Which Is Planted; A Time To Kill, And A Time To Heal; A Time To Break Down, And A Time To Build Up;**

**Right Translation In Aramic (Hebrew) By:**

**Dr. Malachi Z. York**

Mistranslation For King James 1611 A.D.

*"TO EVERY THING THERE IS A SEASON, AND A TIME TO EVERY PURPOSE UNDER THE HEAVEN: A TIME TO BE BORN, AND A TIME TO DIE: A TIME TO PLANT, AND A TIME TO PLUCK UP THAT WHICH IS PLANTED: A TIME TO KILL, AND A TIME TO HEAL; A TIME TO BREAK DOWN, AND A TIME TO BUILD UP;"*

**Men's Health**

**Ques: What Can A Man Do That Will Keep Him Healthy And Strong?**

**Ans:** Regular Exercise Is A Good Habit To Get Into As It Strengthens All The Major Muscles. Brisk Walking Is Particularly Good, It Strengthens The Reproductive Organs, Especially The Prostate Gland. Remember To Protect The Genitals During Sports By Wearing A Jock Strap. The Type Of Underwear You Choose Is Important Too. Wear Boxer Shorts As Opposed To The Tighter Briefs Or Jocks. Boxer Shorts Allow The Testicles To Stay Cool, Which Is Necessary For Keeping The Production Of Sperm High.

Did You Know That Improper Diet And Stress Can Lead To Sexual Weakness And Over Stimulation? Avoiding Stress, Alcohol, Drugs, And Very Heavy Lifting, Help Maintain Male Potency.



**Ques: How Can A Man Improve His Sexual Health?**

**Ans:** A Man's Sexual Health Is Improved By Taking Herbs Like (Siberian Ginseng) Which Fights Stress, Benefits The Heart And Circulation, Stimulates Body Energy, And Helps Correct Impotence. (Echinacea) Herb Is An Excellent Blood Purifier. It Increases The Body's Resistance To Infection, And Is Good For Enlargement And Weakness Of The Prostate Gland, And (Jasmine) Is Used To Relax You.

Eat A Well Balanced Diet Consisting Of Whole, Nutrient Rich Foods, High In Protein. (Zinc Is Especially Important For Fertility And Sexual Maturity. Foods Rich In Zinc Are Seafood, Liver, Mushrooms, Sunflower Seeds And Soybeans) (Sunflower Seeds And Pumpkin Seeds Are Good For Men To Eat; Benefiting The Prostate Gland And Seminal Vesicle (The Glands Which Provide Fluid For The Semen))

Some Men Are Susceptible To **Hernias** (Inguinal Hernias). These Occur In The Groin And Are Caused By A Protrusion Of A Section Of Bowel Through A Weakness Or Hole In The Abdominal Wall. You May Be Born With This Physical Defect, But The Hernia Can Occur At Any Age. It Can Be Caused By Coughing Or Straining During Heavy Lifting Or When Moving Your Bowels. To Avoid Getting A Hernia Strengthen Your Abdominal Muscles, They Help To Hold Your Organs In Place. Lift Heavy Weight Carefully, Distributing Most Of The Weight With The Legs Bent; Lose Weight If You Are Overweight.

### **Women's Health**

**Ques: What Types Of Exercises Is Good For A Woman To Do?**

**Ans:** A Woman Should Exercise Regularly. Stretching, Brisk Walking, Etc. Is Good For Blood Circulation And Strengthens Your Heart And Lungs. A Fit Body Lets You Adapt More Readily To Stress, And In A Related Way, Can Help You Relax. Fitness Of The Body Will Improve The Overall Quality Of Your Life. As Your Body Works More Efficiently, You'll Find You Have More Energy To Devote To Work Or Enjoyment. And Because Fitness Also Improved The Appearance Of The Body It Can Do Wonders For Your Self Image Also. Exercise Will Also Help You During Labor And Recovery. When A Woman Is Carrying A Child, Exercising Improves Blood Supply To The Baby And Can Make The Labor Much Easier. It Increases Your Strength And Flexibility, Gives You Energy, And Gives You A Feeling Of Well Being. However, Be Careful Not To Over Exercise While Your Pregnant, Because You Can Have A Miscarriage. Listen To Your Body And Rest When You Need To.

Woman Need To Pay Particular Attention To Exercises That Strengthens The Abdomen, The Back, And The Pelvic Floor. Stomach Or Abdominal Muscles Are Often The Weakest Group Of Muscles In The Woman's Body And Their Weakness Is The Most Common Cause Of Backache. The Same Abdominal Muscles That Support The Pelvis Also Support The Delicate Column Of The Spine. Strengthening These Muscles Is Important For Everyone, But It's Especially Important For Women Who Are Planning To Become Pregnant. The Stronger These Muscles



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Are, The More Erect Your Stance. And The Easier It Will Be For You To Carry Added Weight In Front.

There Are Certain Times In A Woman's Life When She May Need Extra Supplies Of Specific Vitamins And Minerals Such As Calcium, Folic Acid, And Other B Vitamins Can Be Beneficial. Calcium Is Essential Throughout A Woman's Life To Help Maintain Bones And Prevent Osteoporosis In Later Years.

**Ques: What Is The Most Important Aspect Of A Woman's Hygiene?**

**Ans:** The Scent Of A Woman Is Very Important. A Woman's Body Is Constantly Producing And Discharging Eggs. When The Eggs Die They Sit In The Vaginal Canal And Decompose. If The Woman Does Not Bathe In The Tub Daily, These Eggs Will Begin To Rot And Produce An Offensive Odor.

### Waking Up

**Ques: How Should A Person Start Their Day?**

**Ans:** Start The Beginning Of Your Day With Some Light Exercise Or A Walk In The Field Or Garden. This Helps To Relax You. The Fresh Air Has A Wholesome Effect On Health. If You Live Near A Park. Or In The Country, Go Outside And Exercise. Tai Chi Or Tai Chi Chuan Is Recommended; If You Know It. Tai Chi Is A Chinese System Of Physical Exercise Designed Especially For Meditation And For The Development Of Self Discipline And A Sense Of Well Being.

Upon Waking, You Should Begin By Rinsing Your Nose Out With Water. Open A Window And Exhale Seven Times To Get The Negative Energy Out Of Your Body. Then Inhale Seven Deep Breaths Of Fresh Air To Get Your System Off To A Good Start. Also Clap Your Hands Three Times In Front Of Your Face - It Is Stimulating And Wakes You Up.

Upon Awakening Drink A Glass Of Water (Room Temperature Or Warm), To Which Some Fresh Squeeze Lemon Juice Can Be Added. This Is Both Stimulating And Cleansing To Your Body.

### Exercising

**Ques: How Does Exercise Benefit You?**

**Ans:** Some Form Of Exercise Should Be Done Everyday. It Is Not Only Healthy For You, Exercise Also Makes You Feel Good About Yourself. And Exercise Is Also Healthy Because It Keeps Your Blood Circulating. Exercise Can Be Anything From A Brisk Walking To Weight Lifting To Some Type Of Sport (Preferably Cardiovascular Exercise Or Exercise That Keeps The Heart And Lungs Pumping).



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Do Not Overexert Yourself. If You Are A Beginner, Don't Start Out Trying To Walk 5 Miles When You Can Only Do 2 Miles. You Should Gradually Build Your Momentum And Stamina (Strength). If At Any Point You Feel You Are Out Of Breath While Exercising, Inhale Through Your Nose And Exhale Through Your Mouth. You Will "***Catch Your Breath,***" A Lot Faster. You Can Also Hold A Rock In Each Hand And Squeeze Them Tightly, You Will Feel That Your Supply Of Energy Is Rejuvenated.

By Exercising And Eating Right, You Live Longer, Look Better, Feel Better, And Hopefully Live To 120 Years Old. This Is The Age You As Human Beings Are Supposed To Live Up To (***Genesis 6:3***).



**Figure 73**

**Get In Shape !!! If You Take Care Of Your Body,  
It Will Take Care Of You.**

### **Breathing**

Upon Waking In The Early Daytime Hour, You Should Go Outside Or Open A Window And Inhale The Fresh Air. Fresh Air Helps To Wake Up The Brain And Start It To Functioning Properly. It Is Also Important To Breathe Properly. Your Stomach Should Be Filled With Air, Then Exhale Through Your Nose. When Lying On Your Back, You Breathe Properly. That's Why You See Most Of Your Ancient Egyptian (Kemites) And People From The Bush With Pot Bellies. Because They Knew How To Breathe Properly. Little Babies Also Breathe Correctly, And They Also Have Pop Bellies.

**Ques: Is There A Way To Practice Proper Breathing?**

**Ans:** Yes. Proper Breathing Is Essential. Oxygen Is Your Most Vital Ingredient In Maintaining Life. Without It You Would Die In Minutes. It Is Taken Into The Lungs And Absorbed Into The Blood Stream To Provide Energy For The Whole Body. Good Posture Is Vital In Order To Fill Your Lungs Fully With Air, Using Your Diaphragm (The Muscle Between The Chest And Abdominal Cavity). Breath From Your Abdomen (Abdominal Breathing), Often As A Result Of



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Bad Posture (Slouching), Or Stress And Tension. This Forces You To Breathe Only From The Upper Chest Area (Shallow Breathing) Where The Upper Lungs Only Absorb 20% Of The Oxygen You Inhale. Thus, Breathing Only From The Upper Chest Deprives You Of Most Of Your Needed Oxygen, Deprives You Of Needed Energy, Puts A Strain On Your Heart, And Causes High Blood Pressure.

Practice Abdominal Breathing: Sit In A Comfortable Position With The Back Straight, Or Lie Down. Place One Hand Over The Navel And The Other Above It. Concentrate On Sending Air To The Lower Part Of The Lungs First, Then The One Above. Now As You Exhale, Notice That Air Moves From The Upper Lungs First And Then The Lower Lungs. The Top Hand Sinks In First, Followed By The Hand On The Navel. Inhale To The Count Of 4, Hold For The Count Of 2, Then Exhale For The Count Of 4. Practice This For 5 Minutes Daily.

Breathing Directly Effects The Mind. Slow Deep Breathing Relaxes The Mind And Body And Revitalizes You. Slow Deep Abdominal Breathing Is The Key To Releasing Inner Tension And Supplies Your Body With Life Giving Oxygen And Energy.

### Internal Cleansing

**Ques: How Often Should We Take A Laxative?**

**Ans:** Many Of You Don't Realize How Important Your Colons Are. It Must Be Kept Clean (Free Of Impacted Stool) And In A Good Working Order For You To Stay Well. In Order For Your Colons To Function Properly And To Maintain Good Muscle Tone (In The Bowel Wall) Your Bodies Require A Good Diet With Plenty Of Natural Fiber (This Helps The Colon Push The Stool Through), And Plenty Of Water. Poor Diet, Overeating, Lack Of Exercise, And Emotional Tension, Leads To Constipation, Gas Bloating, Abdominal Cramps And A Weak Sluggish Bowel. This Back-Up Forces Re-Absorption Of Fecal Matter Into The Blood Stream. Toxins (Poisons) Accumulate In The Body, And Overloads The Other Organs Of Elimination (Kidney, Liver, Lungs, Skin, Lymph), Causing Headaches, Fatigue, Skin Problems, And Mucous Build-Up To Name A Few. Eventually, This State Can Cause More Serious Conditions Such As: Colitis (Inflammation Of The Colon), Diverticulitis (Small Out Pouching In The Colon Wall), And Cancer. The Very Purpose Of A Colon As An Organ Of Elimination Is To Collect All Fermented And Putrefactive Toxic Waste From Every Part Of The Anatomy. And By The Peristaltic (Muscular Contraction) Waves Of The Muscle Of The Colon To Remove All Solid And Semisolid Waste From The Body. In Simple Words The Colon Is A Sewage System Of The Anatomy. Natures Loss Of Preservation And Hygiene Require And Insist That This Sewage System Be Cleansed Regularly Under Penalty Of The Innumerable Ailment Sickneses And Diseases That Follow, If Waste Is Allowed To Accumulate.

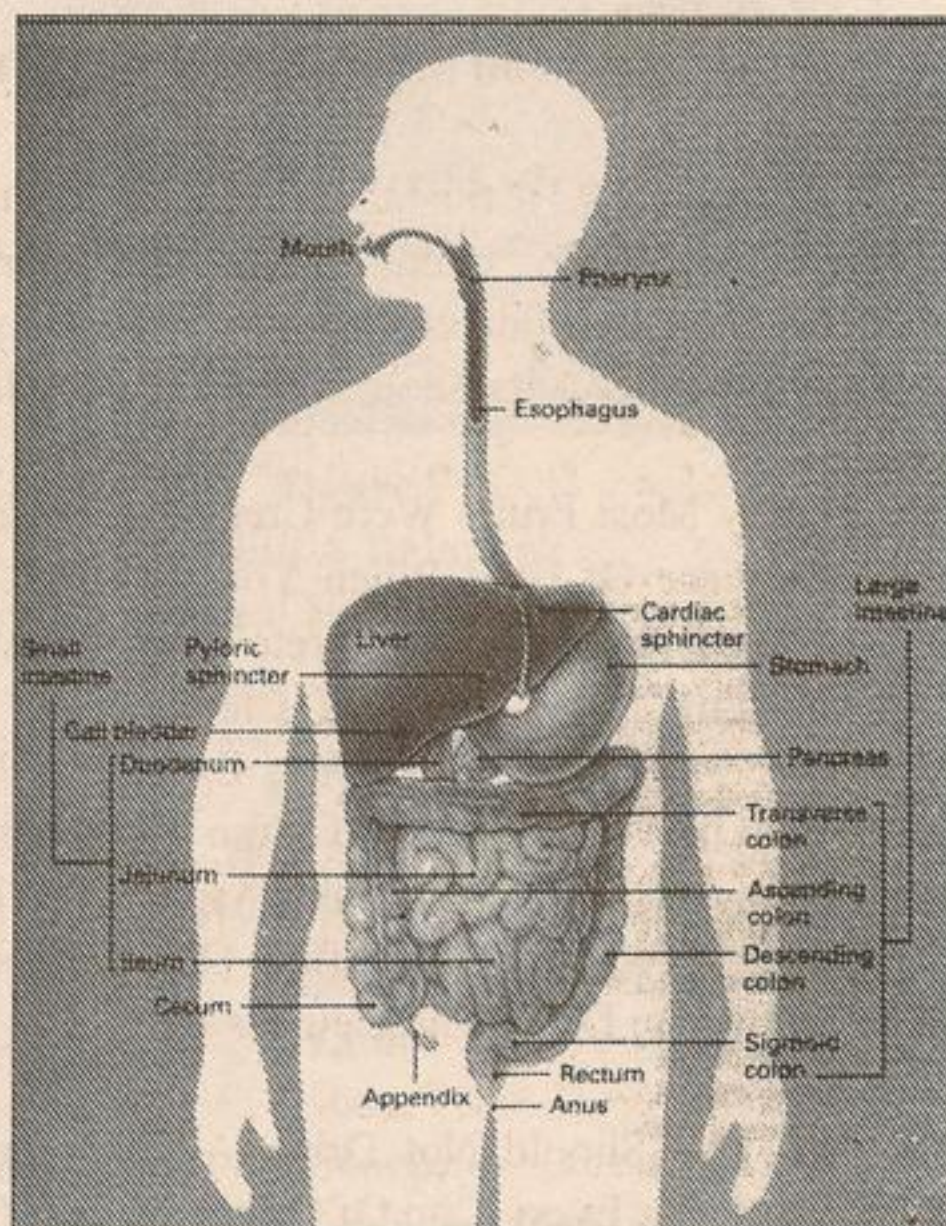
Not To Cleansed The Colon Is To Have The Entire Garbage Collection Staff In Your City Go On Strike For Days On End. The Accumulation Of Garbage In The Streets Create Putrid Odoriferous Unhealthy Gases Dispersed Into The Atmosphere. The Fermentation And Putrefaction Of Accumulated Waste And Corruption In The Colon Creates Equally Noxious



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Gases Which Are Not Always Expelled As They Should Be. Occasional Use Of Enemas Help Clean The Colon By Softening And Removing Hardened Wastes, Relieving Constipation, And Preventing Re-Absorption Of Toxins. However, Enemas Should Only Be Used When Needed And Not As A Substitute For Regular Bowel Movements; Over Use Can Remove Necessary Mucous From The Stomach Lining And Can Weaken The Bowel Wall. When Taking An Enema Use Warm Water And Try To Retain The Water While Gently Massaging The Abdomen. This Helps To Loosen Impacted Feces.

**Diagram 29** - Don't Over Use Chemical Laxatives. They Cause Irritation Of The Bowel And With Habitual Use Can Cause Dependency On Them To The Point That It Will Become Difficult To Move Your Bowels Without Them. Use Natural Laxatives Like Prune Juice, And Herbs Such As: Senna, Cascara Sagrada, Epsom Salt, Or Aloe Vera In Small Amounts. Take These Laxatives Once A Month Or More If Needed, Especially If Your Diet Is Inadequate. **Psyllium** Whole Husks Is An Excellent Addition To A Colon Cleansing Program. Psyllium Is A Natural Plant Fiber Laxative With Special Properties. It Softens Hardened Impacted Stool And Helps To Remove It, And Toxins (Poisons) From The Colon. One May Use 1 To 2 Teaspoons Of Psyllium Husks In An 8 Ounce Glass Of Water Or Juice, Two Or Three Times A Day; Remember To Drink An Extra Glass Of Water After You Take It. This Bulk Fiber Can Be Used Daily For As Long As You Prefer, And Is Safe Even For Children.



**Diagram 29**  
**The Digestive System**

**Food**

**Ques: What Types Of Food Is Best For Our Bodies?**

**Ans:** You Are What You Eat! Choose The Freshest, And Best Foods You Can Find. Buy Wholesome Natural Foods And Limit Those With Preservatives, Artificial Colors, Artificial Flavors, And The Other Long List Of Chemical Additives You See On Labels Nowadays That You Are Unable To Read Or Pronounce. Try To Keep The Typical "**Junk Foods**" (Candies, Cookies, Cakes, Ice Cream, Potato Chips, Etc.) To A Minimum. They Have Few Vital Nutrients Or Fiber, And Excessive Amounts Of Salt And Vinegar.

All Foods Have Distinct Energies. Just As The Physical Body Is Formed From The Gross Physical Portions Of The Foods That Are Eaten. So, The Mind Is Formed From The More Subtle Portions.



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If The Food Is Impure, The Mind Also Becomes Impure. Cigarettes, Liquor, Narcotics, And Fast Foods And Too Much Meat Are The Most Detrimental. Meals Should Be Simple, Light, And Nutritious. Many People Eat Far More Than Is Necessary, Merely Out Of Habit Or For A Sense Of Gratification. An Immoderate Diet Is The Cause Of The Great Majority Of Diseases Encountered In Modern Society.



**Diet**

**Ques: How Do You Maintain A Healthy Diet?**

**Ans:** In Order To Sustain A Healthy Diet, It Is Important That One Intake The Right Foods. There Are Many Foods That Can Enhance A Well Balanced Diet. A Food That Is Most Commonly Considered "Good Health Food" And Is Said To Be Eaten On A Daily Basis Is Fruits. Fresh Fruits Should Be Used For Medicinal Purposes.

Actually Most Fruits Were Created For Medicinal Purposes So, You Should Only Drink Juices Or A Piece Of Fruit When You Are Sick. Such As Grapefruit Juice When You Have A Cold Because It Makes You Excrete The Phlegm That Accumulated In Your Body. Cranberry Juice Is Good For The Liver And Cleans Your System. If You Have A Urinary Tract Infection, Cranberry Juice And Water Is Excellent. Pineapple Juice Is Good For Sore Throats And Helps Draw The Phlegm Out Of Your Body As Well. These Juices Are Medicines. It Is Just Like Taking Aspirin. If You Take Aspirin For Every Little Ache And Pain You Have, The Aspirin Doesn't Have The Same Effect On The Body, When You Are Really In Need Of A Pain Killer. Thus, If You Drink These Juices Everyday, They Will Be Ineffective When You Are Sick.

Also, You Should Not Drink A Full Glass Of Juice, Namely Grapefruit And Orange Juice, Because For Every Cup Of Orange Juice, You Are Actually Intaking Approximately 10 Oranges. By Nature You Should Not Drink More Of Something Than You Can Eat At One Time. You Must Begin To Examine What You Eat If You Plan To Eliminate, And Right All Of The Wrongs That You Have Been Taught.

Most Of The Time People Eat Foods Because It Tastes Good And Usually The Things That Taste Good Are The Things That Aren't Good For You Such As: Ice Cream, Chocolate Milk, Cookies, Fast Foods, Etc. Eat What Is Healthy For You.

That Is The Difference Between An **Eloheem** And A Mortal. An **Eloheem** Does What Is Best For Him And What Is Good For Him, Not What Is Satisfying To The Taste Buds. You Should Eat To Live, Not Live To Eat. You Should Never Eat Until You Are Full. It Makes You Feel Heavy And Miserable.



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No Matter What Your Age Is, Keep Your Mind Sharp And Young. Enhance Your Memory, Thought Processes, And Concentration By Doing Things Like Studying, Reading, Writing, Playing Games Like Chess, Or Working Crossword Puzzles. Stimulate Your Mind With New Experiences And Interactions With Others. Always Be Eager To Learn Something New And Your Mind Will Remain Active.

**Attitude**

Positive Attitude Keeps Mind And Body In Balance. Positive Thoughts, A Pleasant Outlook, And A Relaxed State Of Mind Heals And Nourishes Your Whole Being, Allowing The Proper Flow Of Vital Energy Throughout Your Body. On The Other Hand, Negative Emotions, Extreme Stress And Frustration Causes Nervous Exhaustion (Enervates Or Weakens You), And Inevitably Will Make You Ill. Keep A Good Sense Of Humor And A Positive Outlook On Life To Maintain Good Health.

**Proverbs 17:22**

**Modern Hebrew Script**

לב שמח ייטב גהה ורוץ נכאה תיבש-גהם:

*A SAW-MAY'-AKH (JOYFUL) LABE (HEART) DOETH YAW-TAB' (GOOD) LIKE A GAY-HAW' (HEALING): BUT A NAW-KAY' (BROKEN) ROO'-AKH (SOUL) YAW-BASHE' (DRIETH) THE GHEH'-REM (BONES).*

**A Joyful Heart Does Good Like A Healing But A Broken Soul Dries The Bones.**

**Right Translation In Aramic Hebrew By:**

**Dr. Malachi Z. York**

**Mistranslation For King James 1611 A.D.**

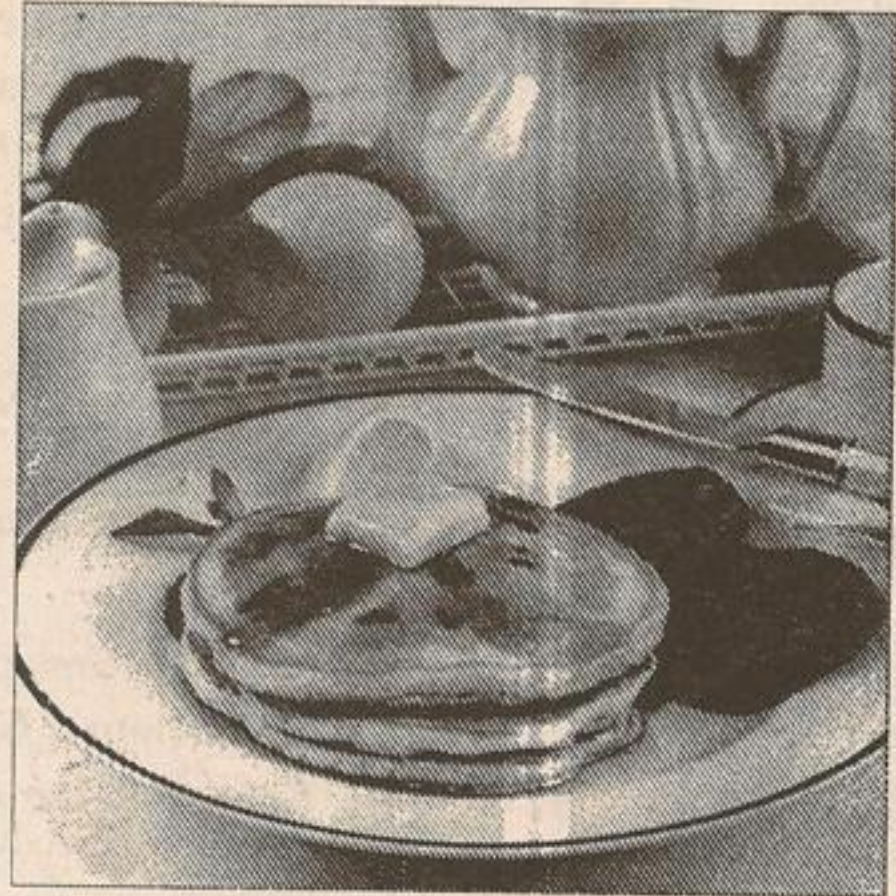
*"MERRY HEART DOETH GOOD LIKE A MEDICINE: BUT A BROKEN SPIRIT DRIETH THE BONES."*

Keep A Good, Pleasant, Nurturing Vibe Around Children Also. Your Emotional State, The Tone Of Your Voice, And The Way In Which You Touch Them Is Very Important. Their Brains Work Like Little Computers Absorbing Everything That Goes On Around Them. Even Though They Don't Appear To Adults, To Be Aware, They Are Very Much Aware. The Youngest Of Babies Register All Sights, Sounds, And The Vibe Of People Around Them. Energy Is Projected Through Negative Thoughts And Emotions, Which They Can Feel And Absorb, Sometimes Causing Them To Become Sick Or Have Emotional Problems (So-Called Bad Behavior). This Is Their Way Of Expressing How They Feel. Of Course All Of You Are Susceptible To This, Children Are Just More Sensitive And Less Able To Block It Out. Adults Must Ensure That The Children's Environment Is Safe, Happy, And Full Of Love.





**Figure 74**  
**Everything That Looks And  
Taste Good, Isn't Good!!**



**Figure 75**  
**Eating A Balanced  
A Meal Is Important**

1. **We** As The **Children Of The Elohem** Do Not Eat None Of The Animals That Are Represented By Our Ancient Egyptian Ancestors Such As:

Ass	Cat	Falcon	Ichneumon (Mongoose)
Bennu Bird	Cow	Hippopotamus	Lion
Baboon	Crocodile	Ibis	Ram
Beetle (Scareb)	Bull	Serpent	Scorpion
Vulture	Pig		

2. **We** As The **Children Of The Eloheem** Do Not Drink Whiskey, Rum, Burboun, Scotch, Gin. We Are Only Allowed To Drink Pure Wines On Shabat Or Special Occasions.

3. **We** As The **Children Of The Elohem** Never Ever Drink To Become Intoxicated. Beer Is Also Good To Drink.

4. **We** Absolutely Never Ever Spice Our Food Before We Taste It. And We Never Eat An Abundance Of Spices That Could Damage Our Internal Organs.

**Ques: Why Do We Feel Sleepy After You Eat?**



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**Ans:** The Reason Why You Feel Sleepy After You Eat Is Because In Order To Digest Food Your Stomach Is Pulling Energy From All Parts Of Your Body Like Your Limbs (Arms And Legs), Certain Parts Of Your Brain, Etc. You Should Take A Laxative Or Fast At Least Once A Month On The Same Day Of Each Month, To Keep Your Body Free Of Poisons, Toxins And Backed Up Food.

When Eating You Should Always Eat In Moderate Portions. Control Your Eating Habits, Gluttony Is An Emotion That You Must Be Careful Of, Because It Can Kill You In More Ways Than One. I'm Not Only Talking About Being Gluttonous For Food But For Anything.

Actually There Are 3 Emotions Which Govern Human Beings And Lead To Self Destruction; They Are: **Sex (Me, Conform Conscious), Gluttony (Eat Into Sickness, Greed) And Anger (Wars, Taking, My, I Want) (Refer To Man From Planet Rizq, Scroll #80).**

**1. Sexual Emotion,** Causes You To Take A Chance You Normally Would Not Take And Regret Once You Have A.I.D.S.

**2. Anger Emotion** Causes You To Hurt Or Kill Someone And Regret Once You Are In Jail Or Even Get Killed Yourself.

**3. Gluttonous Emotion** Causes You To Eat Anything, And Then You Regret It When You Become Obese. Overeating And Eating The Wrong Foods, Causes Disease And Even May Result In A Persons Death.

These Emotions Then Leads Into Other Emotions Such As Fear And Regret. A Person With Aids Now Realizes He's Going To Die, The Person Who Is Obese And Has All This Fat Around The Heart Realizes He's Going To Die, Etc. You See, Emotions Are Dangerous When They Become Motion Because These Emotions Will Make You Fight, Become Greedy, And Depressed If You Don't Get What You Want, Not Caring About The Consequences. You Have Lost Control Of Yourself. It Is Better To Have Control Over Your Emotions Instead Of Your Emotions Having Control Over You, Because Emotions And Emotional People Are Self Destructive.

**Ques: How Do You Prevent From Putting Poisons In Your Body?**

**Ans:** In Order To Prevent Putting Poisons In Your Body, Always Wash Your Face And Hands Before Eating. Keep All Articles Of Food Covered For Sanitary Reasons And Keep Flies Away Which Carries All Types Of Filth, Germs, And Diseases. Refrigerate Food To Keep Them From Becoming Spoiled And Never Leave Food In Open Cans, This Can Cause A Food Poisoning Called **Salmonella Typhimurium**, Which Accounts For Nearly 70 Percent Of Food Infections, And Is Commonly Found In Meats, Eggs, And Milk. Also Use Clean Eating Utensils. Never Eat Out Of Wooden Containers. Wood Is Porous (Able To Absorb Food Particles) And Food Will Get Into The Grain And Poison You.



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Don't Cook With Aluminum Pots, They Allow Metal To Get Into Your Food. Aluminum Has Been Implicated As A Cause Of Alzheimer's Disease, A Form Of Early Senility. Did You Know That Aluminum Is Also Found In Tap Water, Aerosols, Processed Cheeses, Baking Powders, And Antacids?

Rest When Possible After The Mid-Day Meals, And Go For A Walk After Dinner. Avoid Strenuous Activity And Mental Exertion Immediately After Your Meals. It Is Best, While Food Is Digesting, To Relax Until The Process Is Complete. Digestion In The Stomach Completes Itself In About 3 Hours. Never Lay Down Directly After Eating, It Slows The Digestive Process. The Mind Is Always Looking For An Excuse To Avoid Discipline. Listen To The Inner Voice Of The Self Rather Than To The Complaints Of The Mind. What Goes Into The Human Body Correlates Directly To The Efficiency With Which The Brain Function. Recent Studies Show That Certain Red Food Coloring Creates Hyperactivity In Children, And That Refined Sugar Can Cause Emotional Instability. These Are Just Two Examples Of The Substance That Are Heedlessly Consumed Without Overstanding The Effect On The Body And Mind. Although Not Categorized As Harmful Foods, These Substances Should Be Strictly Avoided:

**A-Marijuana**

**B-Cigarettes**

**C-Alcohol, Drugs**

There Is A Growing Awareness That Your Health Is Directly Affected By What You Eat. Almost Any Disease Can Be Cured By Either A Change In Diet, Or A Short Period Of Fasting, And With No Medication At All. This Is Not Only True Of Physical Disorders, But Of Many Mental Difficulties As Well.

It Is Particularly Important That Pregnant Mothers Have This Awareness, For Too Often They Do Not Realize The Effect Of Their Diet On The Developing Fetus. Contrary To The Popular Concept, It Is Not Vegetarians Who Do Not Get Enough Protein, But Rather Heavy Meat-Eaters Who Take In An Excess Amount Of Protein.

Animal Protein Contains A High Concentration Of Uric Acid, Which Is A Nitrogen Compound Similar To Ammonia. It Is Not Water Soluble And Cannot Be Broken Down By The Liver. Thus, A Certain Amount Is Eliminated, The Greater Portion Of Uric Acid Is Deposited In The Joints. The Results Of This Is Referred To As Arthritis. Hardening Of The Arteries And Heart Disease Are Two Of The Most Common Maladies In The West, Where The Greatest Amount Of Meat Is Consumed. The Culprit Is "**Cholesterol**" Which Also Cannot Be Eliminated From The Body And Thus Forms Fatty Deposits Along The Walls Of The Heart And Arteries, Gradually Thickening Until They Are Clogged And Inflexible.

The Major Source Of Cholesterol Comes From The Hundreds Of Pounds Of Animal Tissue And Its Fats That Each Person Consumes Each Year. Heart Disease, Hardening Of The Arteries, And Arthritis Are Common Infirmities, But The One That Strikes The Most Fear In The Hearts Of Americans Is Cancer. Many Substances Have Been Found To Create Cancer In Animals, However, Results Always Seems To Indicate That The Amount Consumed By The Average Person Is Insufficient To Create Cancer. What Is Not Revealed Is That The Accumulation Of These Poisons Over A Period Of Years Does Create Cancer. These Substances Are Innumerable Chemicals That Are Injected Into Animals To Increase Weight To Yield More Dollars Per Animal.



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Nitrites, Food Coloring, Artificial Hormones, And Even Arsenic Are Among The Chemicals Contained In Animal Flesh By The Time It Goes On The Supermarket Shelf. These Plus The Many Other Additives Consumed By Members Of An Industrialized Society, Collect In The Body And Are Stored In The Tissues. Cancer Occurs When The Cells React To These Excessive Toxins In A Sense, Mutating Into Cells Which Reproduce Uncontrollably. So Much For The Horrors Of The Meat Industry.

There Are Several Other Interesting Physical And Spiritual Reasons For Not Eating Meat. One Is That It Takes Four Times As Much Grain To Feed Animals Than For An **Enosite** To Consume It Directly. This Raises A Moral Question In Regard To Sharing Your Resources With Poorer People. Plants Are The Original Source Of Energy For All Living Things, As They Store The Energy Of The Sun Through **Photosynthesis**.

A Person Who Does Not Eat A Lot Of Meat Not Only Taxes Nourishment From The Original Source, But Their Diet Is More Economical With Regards To Cost And The Best Utilization Of Available Land. Sea Food Is Very Good For You, But That Too Can Be Taken In Excess. Another More Interesting Fact Is That An **Enosite's** Digestive System Is Not One Of A **Carnivore**. His Or Her Teeth Are Designed For Biting And Mashing Vegetables, Not Tearing Flesh, Which Is Why An **Enosite** Ages, Tenderizes, And Cooks His Or Her Meat.

The Human Liver Is Proportionally Smaller Than That Of A Meat-Eating Animal And Is Not Built To Handle The Filtering Of Animal Poisons. Also The Alimentary Canal, Which Is Short In Carnivorous Animals That Is Used To Speed Poisons Through The Body Quickly, Is Quite Long In An **Enosite**, As It Is In Any Vegetarian Animal.

However, You Must Eat According To Your Environment. You Should Include Some Processed Foods In Your Diet. So That Your Body Will Be Accustomed To Eating Them. In The Event That Fresh Foods Become Scarce, You Will Be Able To Eat Processed Foods Without Getting Sick. If You Live In A Cold Environment, Then You Should Eat Foods That Are Typically Grown In That Kind Of Climate, And The Same Applies If You Live In A Warm Summer Type Climate.

Be Careful Of Products That May Have Certain Ingredients In Them That Are Not Healthy For You Such As Animal Fat And Animal By-Products.

A Widely Used Substance Is **Glycerin** Or **Glycerol** (Glycerin Alcohol). Since World War II, Glycerin's Popularity Has Grown Considerably. It Is A Clear, Thick, Sweet Liquid That Is Added To Foods To Maintain A Certain Moisture Content And To Prevent Foods Or Cosmetics From Drying Out Or Becoming Hard. It Is Obtained From Animal Oils And Fat And Is Used In Marshmallows, Jelly And Jelly-Type Products (Candies Such As Gumdrops And Chewing Gum, Etc.) This Is Not Healthy For You.

The Clear Jelly Coating On Some Vegetables And Cheeses Is Also Made From Glycerin And Or Glycerides.



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**Here Are Other Examples Of Foods Found To Contain Animal By-Products Namely Pork Are:**

Lard	Swine Pepsin
Calcium Stearate	Magnesium Stearate
Poly-Sorbates	Monostearates
Fatty Acids	Animal Shortening
Gelatin	Shortening
Animal Fats	Hydrolyzed Animal Protein/Protein
Collagen Or Enzymes	Tallow
Emulsifiers	Stabilizers (Mono And Di-Glycerides)
Tween	

**Medications, Prescription And Over-The-Counter Drugs:**

<b>Insulin</b>	Made From The Pig's Pancreas Gland (Beef Avail.)
<b>Pill Capsules</b>	Made From Gelatin Shiny Coated Pills Covered With A Thin Gelatin Coating
<b>Calcium</b>	Crushed Hog Or Other Bovine Bones
<b>Chymotrypsin</b>	Used To Promote Healing And Remove Dead Skin Tissue
<b>Thyroxin And</b>	Thyroid Preparations Made
<b>Thyrotropine</b>	From The Pig's Thyroid
<b>Mucin</b>	Made From The Pig's Stomach For Treatment Of Ulcers
<b>Pepsin</b>	Used For Indigestion In Stomach Coasters (Enzymes)
<b>Epinephrine</b>	Used To Treat Heart Disease From Pig's Adrenal Glands
<b>Progesterone</b>	Extract From Pig Ovaries Used For Menopausal Syndromes
<b>Acth</b>	From The Pig's Pituitary Glands
<b>(Adrenocorticotropin)</b>	Used To Treat Leukemia And Cystic Fibrosis, Gout And Arthritis.
<b>Adrenaline</b>	From The Pig's Adrenal Glands
<b>Heparin</b>	From The Pig's Intestinal Mucosa, For Blood Clotting
<b>Gelatin Tablets</b>	Made From The Pig Allegedly To Promote Nail Growth
<b>Pancreatin</b>	From The Pig's Pancreas Used As A Digestive Aid And For Chronic Pancreatitis.
<b>Corticotrophin</b>	A Gel Used With Injections (Gelatin) (Veg. Avail.)
<b>Levothyroxine</b>	Used For Thyroid Dysfunction's (From The Pig's Thyroid)



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**By No Means Am I Telling You What You Should And Should Not Eat Or Drink, What To Do And What Not To Do. My Job Is To Present To You The Facts And Let You Decide What Is Best For You.**

Remember That White Sugar, White Bread, White Flour, And White Salt Are What Are Known As The Four (4) Poisons. They Are Called Poisons Because They Are Refined Products - Meaning The Natural Nutrients Have Been Removed By Processing. They May Be Pleasing To The Taste, But They Provide Only Empty Calories, With Little Or No Nutritional Value. In Fact, Not Only Do They Not Provide Nutrients, They Also Drain From Your Body Extra Nutrients, Water, And Energy As Your Body Works To Dispose Of Them.

Children Are Especially Sensitive To Their Diet. Their Rapidly Growing Bodies, Deprived Of Sufficient Nutrients, Or Bombarded With Artificial Ingredients, Become Weakened. This Weakened State Causes Frequent Colds, Ear Infections, Fevers, And Diarrhea. Many Become Hyperactive, Have Behavioral Problems, Or Mental Deficiencies.

Watch What You Eat And What You Give Your Children. Good Foods And A Positive Outlook Will Keep You Happy, Healthy, And Active.

Society Dictates That You Should Eat Breakfast At Around **8:00 A.M.**, Lunch Around **12:00 P.M.** And Dinner At **6:00 P.M.** However, They Never Tell You That The Times You Eat May Not Coincide With Your Natural Bodily Functions. You Should Not Eat Before **11:00 A.M.** Or After **9:00 P.M.**

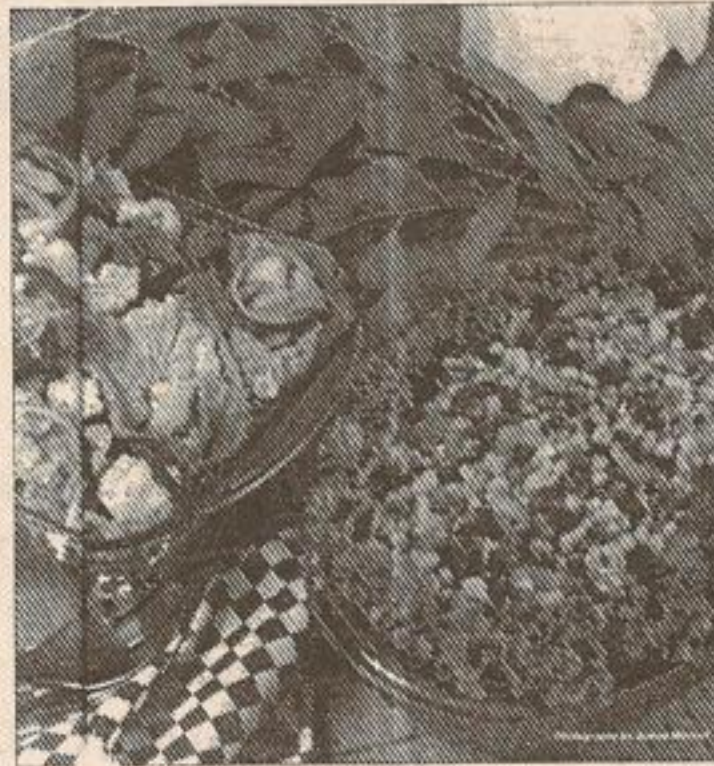
The Body Goes Through (3) Regular Daily Cycles"

<b>Appropriation</b>	Noon To 8 P.M. (Eating And Digestion)
<b>Assimilation</b>	8 P.M. To 4 A.M. (Absorption Or Use)
<b>Elimination</b>	4 A.M. To Noon (Disposal Of Body Waste And Food Debris).

**So What Does All Of This Mean?** It Means That You Can Become Familiar With Your Body And Learn How It Functions At Different Times. This Knowledge Will Help You Live A More Healthier Life, And You May Live Longer. When You Are Awake, You Eat (**Appropriate**), And When You Are Sleeping The Body Has Little Other Work To Do, So It **Assimilates** What It Has Taken In During The Day. And The "**Morning Breath**" That You Have When You Get Up In The Morning Is Due To The Bodies **Elimination** Cycle.

Before And After The Designated Times, You Should Only Eat Water Foods, Such As: Carrots, Celery, Lettuce, Or Any Foods That Are Juicy When Bitten Into. Water Needs No Digestion; Therefore Water Foods Need Very Little Digesting, And Are Easy On The System. Solid Foods Need A Lot Of Digesting, Thus The Digestive System Must Work Harder. Fresh Fruits However, Should Be Avoided Unless They Are For Medicinal Purposes, Cooked, Dried Or Canned, Because They Are Alive And They Will Start To Die Within Your Body As Soon As You Eat Them. This Destroys Your Creativity.





**Figure 76**  
**Eat A Healthy Diet With Plenty Of Fiber**

### **Digestion**

**Ques: What Is The Cycle Of Digestion?**

**Ans:** Digestion Begins In Your Mouth. Make Sure You Chew Your Food Well, Until It Is Liquefied In Your Mouth. In This Way, The Food Thoroughly Mixes With Digestive Enzymes. Abstain From Over Eating. Do Not Munch All The Time. When You Are Constantly Chewing, It Causes Your System To Constantly Digest, Because Chewing Is The Beginning Of The Digestive Process. When There Is Nothing In Your Stomach To Be Digested, The System Will Begin To Digest Your Stomach Lining. The System Should Be Allowed To Rest In Between Meals Or It Can Become Over Worked. Take Food Only When You Feel Hungry And Stop Eating Before Your Stomach Is Filled, So That You Should Still Feel Slightly Hungry. The Body Will Get More Nourishment And You Will Be Less Likely To Become Overweight. Don't Allow Yourself To Become Overweight. It Puts A Stress On Your Heart And Increases The Risk Of Getting Diabetes (High Blood Sugar).

Sometimes It Is Necessary To Eat Meat And Many Other Things In Order To Survive. Eating Meat Helps To Maintain A Certain Amount Of Aggressiveness Needed For Survival; As Opposed To Non-Meat Eaters Who Tend To Be More Passive. Look For Reputable Sources Of Meat From Animals Raised Free Of Chemical Enhancers. Most Animals Nowadays Are Fed Antibiotics, Fattening Agents, Hormones, Etc., To Make Them Gain Weight, And Are Kept In Corroded Stalls. Ideally, You Should Raise Your Own Animals On Your Own Land (*Genesis 9:3*).

It Is Forbidden By The Torah To Eat The Blood Of An Animal Because The Blood Contains Its Life Or Spirit (*Deuteronomy 2:23-24*). The Meat Must First Be Made "**Gaez**" Or Kosher - Meaning "**Right Or Fit**". Before Cooking, The Meat Must Be Rinsed, Soaked In Water, And Salted, And Rinsed Again, To Remove Any Residual Blood. Then You Can Prepare It As Usual (*Refer To Is Kosher Halaal, Bulletin #3, The Holy Sabbath*).



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Using Pork Or Products That Contain Pork And/Or Pork By-Products Is Unlawful According To The Torah As Well As Unhealthy (*Refer To Are You Still Eating Pork, Bulletin #13*).

**Deuteronomy 14:8**

**Modern Hebrew Script**

וְאֶת־הַחֲזִיר כִּי־מַפְרִיס פְּרָסָה הוּא וְלֹא גִרָה טָמֵא הוּא לָכֶם מִבְּשָׂרָם לֹא  
תֹאכְלוּ וּבְנִבְלָתָם לֹא תִגְעוּ:

*WA (AND) THE KHAZ-EER (PIGS), KEE (BECAUSE) IT FAW-RAS (DIVIDE THE HOOF),  
YET CHEW NOT THE GAY-RAW (CUD), IT IS TAW-MAY (UNCLEAN) TO YOU: YOU WILL  
NOT AW-KAL (EAT) OF THEIR BAW-SAWR (SKIN), LO (NOR) NAW-GAH (TOUCH)  
THEIR NEB-AY-LAW (DEAD BODIES).*

**And The Pig, Because It Divided The Hoof, Yet Chew Not The Cud, It Is Unclean For You:  
You Are Not To Eat Of Its Skin And Flesh, Nor Should You Touch Their Dead Bodies.**

**Right Translation In Aramic (Hebrew) By:**

**Dr. Malachi Z. York**

**Mistranslation For King James 1611 A.D.**

*"AND THE SWINE, BECAUSE IT DIVIDETH THE HOOF, YET CHEWETH NOT THE CUD, IT  
IS UNCLEAN UNTO YOU: YE SHALL NOT EAT OF THEIR FLESH, NOR TOUCH THEIR  
DEAD CARCASE."*

**Pork Free Products**

**BODY POWDER**

Arm And Hammer Baking Soda  
Corn Starch  
Diaperene Baby Powder  
Fresh Scent Dusting Powder  
Dr. Bronner's Shampoo  
Golden Lotus Products  
Nature's Lotus Products  
Palmer's Coconut Oil  
Sulfur 8  
V.O. Five  
Wella Balsam

**DEODORANTS**

Faberge Babe Anti-Perspirant  
Mennen Speed Stick  
Nature De France Deodorant  
Ultra Ban

**FACIAL CLAY/MAKE-UP**

Perfect Skin Clay With Lemon  
Kohl (Eyeliner)



## LOTION

Autumn Harp Products  
Nature's Gate Lotion  
Palmer's Cocobutter  
Red Fox Tub-O-Butter  
Vaseline  
Voltra Cocobutter Stick

## HAIR CONDITIONER

Aloe Vera, Coconut Oil, Olive Oil  
Dax  
Glover's Mange  
Queen Helene Cholesterol  
Sage (Pure, Unadulterated)  
V.O. Five  
Wella Balsam

## Soaps

Bee And Flower Soaps  
Carne Products  
Castile Soap With Olive Oil  
Conti Castile Soaps  
Irish Spring  
Oilatum Soap  
Sirena Coconut Oil W/Vitamin E

Ben Rickerts Bath Products  
Cashmere Bouquet  
Cococare Soaps  
Desenex Soap  
Nature's Natural Soaps  
Sirena Coconut Oil  
Yardley's Of London Soap

## **Ques: What Kind Of Milk Is Best For Our Bodies?**

**Ans:** Avoid Lots Of Milk; Animal Milk Is For Animals. Milk Is Intended As Food For The Young, From Birth Until The Skeletal Bones And The Rest Of The Anatomy Is Sufficiently Developed For The Assimilation Of The Natural Foods Required By The Animal Concerned. If A Cow Has A Calf, The Milk That The Cow Produces Will Nourish The Calf; Which May Grow To Be 800 lbs. Or More, Because Of The Large Amount Of Casein (A Very Thick Milk Protein) Its Milk Contains. Cow's Milk Builds Up The Body Structure Of The Calf To Attain A Weight Of **1,000 To 2,000 lbs.** At Maturity. Cow's Milk Is Intended To Double The Weight Of The Calf In **6 To 8 Weeks**, Whereas A Child's Body Requires **6 To 7 Months** To Double Its Weight. Thus, Cow's Milk Was Never Intended For A Human Infant.

A Child's Nutrition Is Natural When It Is Provided From Its Mother's Milk. Such Milk Contains Water, Natural Sugars, Salts, Amino Acids, Hormones, Vitamins And The Atoms Of The Elements Necessary For The Growth Of The Little Body. One Of The Most Important Elements In Milk Is A Substance Called Casein Which Furnishes A Vast Number Of Amino Acids For The Construction Of The Body. Casein Is Found Only In Milk And Eggs. Cow's Milk Is Vastly More Coarse Than Mother's Milk And It Contains **300%** More Casein Than In Human Milk, And Humans Lose The Ability To Digest It After Age **4**. Its Breakdown Produces Thick Strands Of Mucous Which Clog The Body. So Just Think About It, Would You Want To Drink Something That Will Help Something Grow To Be That Large?



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Raw Cow's Milk Is Bad Enough, However To Pasteurize Milk And Prescribe It For Infants And Invalids Is Incredible Stupidity. The Pasteurization Of Milk Originated When The Dairy Industry Degenerated Into "Big Business". It Was Impossible To Handle Vast Quantities Of Milk And Milk Products, Transporting Them Long Distances From Place Of Origin To The Large Distributing Centers Without Considerable Spoilage. Pasteurization Of Milk Is No Safeguard Whatsoever For Health Of The Individual Or Of The Community, And That It Only Prevents The Milk From Souring. The Claim That Raw Milk Causes Undulant Fever And Other Diseases Which Would Be Prevented If It Were Pasteurized, Is An Utter And Unmitigated Falsehood. Pasteurization Does Not Kill Typhoid Germs, Nor Bacilli Coli, Nor The Germs Of Tuberculosis Or Of Undulant Fever. In Order To Kill These Pathogenic Germs The Milk Would Have To Be Heated To A Temperature Ranging All The Way From 190° F. To 230° F. Which Would Cause No Cream To Rise In The Bottled Milk.

Pasteurized Milk Is Unsafe And Unfit For Human Consumption Is Proved By No Less Than **12 Deaths** In The City Of San Francisco In **1928 A.D.** Attributed Directly To Pasteurized Milk. The Year Before **1926 A.D.**, Saw **5,002** Cases Of A Typhoid Fever In The City Of Montreal, Canada, With **533** Deaths Attributed Directly To Pasteurized Milk. And Don't Think That Homogenization Of Milk Is To Prevent Formation Of A Cream Layer Of Whole Milk. Look At This Word Closely "**Homo - Genes**". This Is What He Is Doing To Your Genes.

While It Is True That Cow's Milk Contains A High Percentage Of Calcium, An Element Essential In Such A Condition, Nevertheless The Other Elements Essential In Such A Condition Are So Much Out Of Balance In Relation To The Needs Of The Human Body That They Virtually Destroy What Benefits Might Otherwise Result (Come As A Natural Growth) From The Calcium. If Milk Is Pasteurized That Would Be A Sufficient Reason To Avoid It Altogether.

Children Up To The Age Of 4 Also Have Sufficient Amounts Of The Enzyme Lactase, Which Breaks Down The Sugar In Milk, Called **Lactose**. However, As You Get Older You Lose The Ability To Make This Enzyme (Chemicals That Help Digest Food). Most Adults Have Little Or None Of It, And Often Have Difficulty Digesting Cow's Milk, Thus Producing Stomach Pain, Gas Bloating, And Diarrhea. This Is Called Lactose Intolerance. So Why Drink Milk If Your Body Has To Overwork Itself Just To Digest One Glass Of It? **The Need For Cow's Milk As A Necessary Part Of The Human Diet Is Purely And Simply Advertisement Propaganda With No Foundation In Fact.**

Soy And Other Legume Milks; Or Nut Milks Made From Almonds, Sunflower Seeds Or Sesame Seeds Have Come Into Use As Substitutes. As We Are Discussing Products In Relation To Milk, The Following Is A Brief Comparison Of **Soy Milk** With **Human Milk** And **Cow's Milk**:

**Human Milk** Is Composed Of About **87% Organic Water**, **Cow's Milk** Is Composed Of Almost As Much, While **Soy Bean** Contains Only Little More Than **10%**. The Addition To Water In Preparing **Soy Flour** Into Milk Does Not Convert It Into **Organic Water**. **Human Milk** Contains A Little More Than **1 1/2% Protein**, **Cow's Milk** A Little More Than **3 1/2%** Whereas **Soy Bean Milk** Is Composed Of More Than **33% Protein**. **Human Milk** Contains A



Little More Than **6% Carbohydrates** In The Form Of Natural Sugars, **Cow's Milk** Nearly **5%**, While **Soy Milk** Is Composed Of More Than **33% Starchy Carbohydrates**. **Human Milk** Contains Nearly **4% Fat**, **Cow's Milk** A Little More Than **3 1/2%**, While **Soy Milk** Contains Nearly **17% Fat**.

In Relation To The Chemical Composition Of **Human Milk** And **Soy Milk**, We Find That **Soy Milk** Contains About **175% More Phosphorus**, About **400% More Sulfur** Than Does **Human Milk**, Both These Elements Being Acid Forming. On The Other Hand, **Human Milk** Contains About **3,500% More Chlorine**, The Cleansing Element, Than Does **Soy Milk**. The Deficiency Of **Chlorine** In **Soy Milk** Has A Very Important Bearing On The Flow And Functions Of Gastric Juice In The Stomach And May Result In A Deficiency Of Hydrochloric Acid. Furthermore, These Elements In **Soy Milk** Are No Longer Organic When The Soy Material Or The Milk Have Been Subjected To Excessive Heat.

**There Is Not A Member Of The Animal Kingdom Which Uses Milk As Food After It Has Been Weaned. It Remains For Man To Develop Such Stupidity And To Overlook The Use Of Milk As The Cause Of So Many Of His Ailments. Nature Placed The Necessary Ingredients In The Milk Of Each Type Of Animal That Were Best Suited For The Growth Of Its Young.**

**Ques: What Type Of Beverages Should We Avoid?**

**Ans:** Avoid Drinking A Lot Of Beverages Containing Caffeine. These Include Teas, Colas, Chocolate, And Especially Coffee. Caffeine's Effects Are Strongest In Coffee, Because Coffee Contains Other Substances Which Add To Its Effects, Making Caffeine A Stronger Drug (Yes, Caffeine Is A Drug!). Caffeine Is A Stimulant, It Stimulates The Heart And Nervous System. Its Use Can Decrease Fatigue And Help Keep You Awake. However, Remember, Caffeine Is Habit Forming (Addictive), And Suddenly Stopping Its Use, After Your Body Is Used To Taking It, Can Cause You To Develop Withdrawal Symptoms. These Include Nervousness And A Craving For The Caffeine (Drug). You Can "**Kick The Habit**", Just Do It Gradually.

If You Drink Too Much Caffeine (Overdose), You May Become Nervous, Anxious, Or Be Unable To Sleep (Insomnia), And Have Heart Palpitations (Fast And/Or Irregular Heart Beats). Caffeine Also Causes Bladder Irritation And Has Been Linked To Increased Levels Of Cholesterol In The Blood (A Condition That Can Lead To Heart Attack And Stroke).

And If You Are Expecting, **Beware:** Caffeine Increases The Risk Of Miscarriages, Can Harm The Developing Fetus, And It Even Passes Into The Nursing Mother's Milk If She Drinks Or Eats Anything Containing It. So The Next Time You Think About That Next Cup Of Coffee, Or Before You Give That Can Of Cola To A Child - Think Again!

**Ques: How Do We Maintain Good Health?**



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**Ans:** Good Health Depends On Proper Functioning Of The Stomach. People Think That When A Person Belches, They Are Being Rude. Actually, In Some Countries, It Is Considered A Gesture Of Satisfaction For The Food That Was Just Eaten. When A Person Just Goes Around Belching For No Apparent Reason, Then That Is Considered Rude And Disrespectful.

When You Sit Down To Eat, Make Sure Your Mind Is At Peace. Avoid Eating In A Mood Of Sorrow, Anger, Or Anxiety. The Food That Is Eaten In A Cheerful And Peaceful State Of Mind Nourishes The Body, Whereas Food That Is Gulped Down In A State Of Anxiety Or Grief Has An Adverse Effect On The Stomach And Affords No Strength To The Body. If You Talk And Laugh With Moderation While Eating: You May Choke!

When The Need Arises, Answer The Call Of Nature (Relieve Your Bladder And Bowel), And Fulfill It Promptly. Delaying This Necessity May Have An Adverse Effect On The Brain, Bladder, And Colon, And As You Age You Will Have Difficulties.

### Water

*"Water Is In Everything: What A Gift, And So Clear."*  
**From The Sayings Of Dr. Malachi Z. York**

The Processes Of Digestion Are Vital Processes Which Water Plays By Far The Most Important Part. The Digestive Juices Themselves In The Body Are Composed Of More Than 98% Organic Water. In Their Operation It Is Important That This Organic Water Be Constantly Replenished. The Average Human Being Evaporates About One Gallon Of Water During 24 Hours.

Seventy Percent Of Your Body Is Made Up Of Water As Is The Composition Of The Planet Earth, Both Are Effected By Forces Which Produce The Tides. The Following Water Schedule Is Designed To Correspond To The Movement Of The Tides. Drinking Water At These Times Flushes Your System More Effectively. Second To Oxygen, Water Is The Most Important Ingredient In Sustaining Life And Good Health.

Make It A Habit To Drink Plenty Of Water Everyday Preferably Use This Water Schedule: Drink At Least An 8 Ounce Glass Full Each Time.

**9:00 A.M.**

**12:00 P.M.**

**1:30 P.M.**

**5:00 P.M.**

**9:30 A.M.**

**1:00 P.M.**

**3:00 P.M.**

**8:00 P.M.**

Do Not Drink Water While You Are Eating, It Will Slow Up The Digestion Of Your Food. Drink Water Up To Ten Minutes Before Or One Hour After Meals. Water Helps To Cleanse The Body Of Impurities, Flushes The Digestive System, And Aids To Elimination. Water Also Keeps The System Regulated. Drinking Plenty Of Water Helps Prevent The Body From Getting Sick. No Wonder Water Is So Vital To Your Health.



### **Intoxicants**

Some Religions Follow The Law In The Scriptures Which Prohibits The Use Of Intoxicants. The Story Of Intoxicants Scans Many Generations, Races And Peoples. From The Physical Garden Of Eden When Nekaybaw (Eve) Ate Of The Intoxicating Fruit (*Refer To Holy Tablets, Chapter El Ganna, The Garden*), To Your Present Day World Of Confusion.

Intoxication Is Defined As The State Of Being Poisoned. The Effects Of Intoxication Has Led To The Destruction Of Many Lives, And Has Brought The Downfall Of Every Nation That Permitted And Encouraged Its Use. First, To Overstand What Is An Intoxicant, You Must Define The Word:

According To **The American Heritage Dictionary** Intoxicate Means:

**in-tox-i-cate** (in-tōk'sī-kāt') v. **in-tox-i-cat-ed, in-tox-i-cat-ing, in-tox-i-cates**. --tr. **1.** To stupefy or excite, as by the action of a chemical substance such as alcohol. **2.** To stimulate or excite: **3.** To poison. --intr. To cause stupefaction, stimulation, or excitement by or as if by use of a chemical substance:

From The Simple Fermented Juices Of Fruits And Grains, To The Sophisticated Synthetics Made Up In Laboratories, All Are Capable Of Inducing A State Of Stupor By Releasing Various Poisons In The Body. All Of These Substances, Under Various Trade Names, Are Available Directly And Indirectly To Any And Everyone Who Desire Them.

You Should Refrain From Anything That Has An Intoxicating Effect. Alcohol, Drugs, Etc. Do Not Harm Yourself (Body And Mind) With Things That Makes Your Brain Numb. Alcohol Effects The Brain, The Stomach, And The Liver.

**Ques: Can We Drink Beverages That Contain Alcohol?**

**Ans:** Yes. However, Do Not Drink Alcohol To The Point Of Drunkenness. Nonalcoholic Kosher Beer Or Wine Is Fine. Don't Smoke Cigarettes, Cigars, Pipes Or Any Type Of Tobacco. Marijuana. Or Take Drugs.

**El's Holy Qur'aan 87:219 (Original Order)**

#### **Persian Arabic Script**

يَسْأَلُونَكَ عَنِ الْخَمْرِ وَالْمَيْسِرِ قُلْ فِيهِمَا إِثْمٌ كَبِيرٌ وَمَنْفَعٌ لِلنَّاسِ وَإِثْمُهُمَا أَكْبَرُ مِنْ  
نَفْعِهِمَا وَيَسْأَلُونَكَ مَاذَا يُنْفِقُونَ قُلِ الْعَفْوَ كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ آيَاتِهِ لَعَلَّكُمْ تَتَفَكَّرُونَ

**YAS-ALOONAKA (THEY ASK YOU) AN (ABOUT) AL KHAMR (INTOXICANTS) WA (AND)  
AL MAYSAR (THE DRAWING OF LOTS [GAMBLING]) QUL (SAY, TELL) FEEHIMAA**



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(BOTH OF THEM) *ITHMUN* (A SIN) *KABEER* (BIG) *WA* (AND) *MANAAFIA* (BENEFITS) *AL NAAS* (OF THE ENOSITES) *WA* (AND) *ITHMUHUMAA* (BOTH OF THEIR SINS) *AKBAR* (IS BIGGER) *MIN* (FROM) *NAF-EHIMAA* (THEIR BENEFIT) *WA* (AND) *YAS-A-LOONAKA* (THEY ASK YOU) *MAAZAA* (WHAT) *YUNFIQOON* (SHOULD THEY SHARE WILLINGLY) *QUL* (SAY) *AL AFWA* (THE SPARING) *KAZAALIKA* (WHATSOEVER) *YUBAYYIN* (MAKES CLEAR) *AL-LAH* (THE SOURCE) *LAKUM* (FOR YOU ALL) *AL AYAAT* (THE SIGNS) *LA-ALLAKUM* (THAT PERHAPS YOU ALL) *TAFAK-KAROON* (YOU ALL WILL THINK)

If They Ask You, Muhammad About Intoxicants And The Drawing Of Lots, Gambling; Tell Them: "Both Of Them, Intoxicants And Gambling Are A Big Guilty Acts, In Them Are Some Benefits For The Enosites; And Both Their Guilty Acts Are Bigger Than Their Benefits; And When They Ask You Muhammad, As To What They Should Be Sharing Willingly, Tell Them This, Muhammad: "Whatsoever Can Be Spared, The Source, Allah, Makes The Signs Clear For You All, So That Perhaps You All Will Think.

Right Translation In Ashuric/Syriac (Arabic) By:

**Dr. Malachi Z. York**

Mistranslation By Abdullah Yusuf Ali 1938 A.D.

**Koran 2:219 (Wrong Order)**

"THEY ASK THEE CONCERNING WINE AND GAMBLING. SAY: IN THEM IS GREAT SIN, AND SOME PROFIT, FOR MEN: BUT THE SIN IS GREATER THAN THE PROFIT. THEY ASK THEE HOW MUCH THEY ARE TO SPEND; SAY: "WHAT IS BEYOND YOUR NEEDS. THUS DOTH ALLAH MAKE CLEAR SIGNS: IN ORDER THAT YE MAY CONSIDER."



Figure 77

**Intoxicants Are The Evil One's Tool To Control Our Minds  
And Make Us Weak, Don't Submit!!!**

**Healing**

**The Most High**, Put Humans As Care Takers Over All The Earth And Everything In It, Including The Animals And The Vegetation. **The Most High** Also Provided Everything Such As Herbs Of The Planet Earth That Humans Need To Use As Food And Medicine To Heal Themselves.



Genesis 1:29-30

Modern Hebrew Script

וַיֹּאמֶר אֱלֹהִים הִנֵּה נָתַתִּי לָכֶם אֶת־כָּל־עֵשְׂבִיזָה זֶרַע אֲשֶׁר עַל־פִּי גִיכָל־הָאָרֶץ וְאֶת־כָּל־הָעֵץ  
אֲשֶׁר־בוֹ פֶּרִי־עֵץ זֶרַע זֶרַע לָכֶם יִהְיֶה לְאֹכְלָהּ: וְלִכְל־חַיַּת הָאָרֶץ וְלִכְל־עוֹף הַשָּׁמַיִם וְלִכְל  
רֹמֵשׁ עַל־הָאָרֶץ אֲשֶׁר־בוֹ נֶפֶשׁ חַיָּה אֶת־כָּל־יֶרֶק עֵשְׂבִיזָה לְאֹכְלָהּ וַיְהִי־כֵן:

*WA (AND) ELOHEEM (THESE BEINGS) AW-MAR' (SAID), HIN-NAY' (HERE), YOU HAVE NAW-THAN' (BEEN GIVEN) KOLE (EVERY) EH'-SEB (GLISTEN HERB) ZAW-RAH (YIELDING SEED), ASH-ER (WHICH) IS AL (UPON) THE FAW-NEEM (SURFACE, FACE) OF KOLE (ALL) HA (THE) EH'-RETS (PLANET EARTH), WA (AND) KOLE (EVERY) ATES (TREE), IN ASH-ER (WHICH) IS THE FER-EE' (PRODUCE) OF A ATES (TREE) ZAW-RAH (YIELDING) ZEH-RAH (SEED); TO YOU KOLE (ALL) IT WILL BE FOR OK-LAW' (FOOD). WA (AND) LE (TO) KOLE (EVERY) KHAY'EE (LIVING ANIMAL) OF HA (THE) EH'-RETS (PLANET EARTH), WA (AND) TO KOLE (EVERY) OFE (BIRDS) OF THE SHAW-MAH'-YEEM (TWO SKIES) WA (AND) LE (TO) KOLE (EVERY) RAW-MAS (MOVES ABOUT, SWARM) AL (UPON) HA (THE) EH'-RETS (PLANET EARTH) ASH-ER (IN WHICH THERE IS) NEH'-FESH KHAYEE (A LIVING SPIRIT), KOLE (EVERY) YEH'-REK (GREEN VEGETATION) IS FOR OK-LAW' (FOOD): WA (AND) YEH-HE (IT) KANE (WAS).*

**And The Eloheem Kalkael Also Known As Rudwaan And Uriel Said, Here, You Have Been Given Every Herb With A Yielding Seed, Which Is On The Surface Of The Whole Planet Earth And Every Tree Which Yields Fruit And Has Its Own Seed To Reproduce; All Of This Is For Your Food. And Every Living Animal Of The Planet Earth, And To Every Bird Of The Skies, And To Everything That Swims On The Planet Earth. In Which There Is A Living Soul, Every Green Vegetation Is For Food; And This Happened.**

**Right Translation In Aramic (Hebrew) By:**

**Dr. Malachi Z. York**

**Mistranslation For King James 1611 A.D.**

*"AND GOD SAID, BEHOLD, I HAVE GIVEN YOU EVERY HERB BEARING SEED, WHICH IS UPON THE FACE OF ALL THE EARTH, AND EVERY TREE, IN THE GARDEN WHICH IS THE FRUIT OF A TREE YIELDING SEED; TO YOU IT SHALL BE FOR MEAT. AND TO EVERY BEAST OF THE EARTH, AND TO EVERY THING THAT CREEPETH UPON THE EARTH, WHEREIN THERE IS LIFE, I HAVE GIVEN EVERY GREEN HERB FOR MEAT: AND IT WAS SO."*

Health And Healing Was Practiced By Your Nubian Ancestors Including Your Great Teachers, Long Before The Caucasian Race Became So-Called Civilized. You Lived A Healthy Way Of Life, Close To The Planet Earth And **The Most High**. You Made Use Of Herbs And Natural Medicines. The Ancient Egyptians Had Great Knowledge Of Anatomy And Surgery. They Cured Illnesses, Healed Wounds, Set Fractures And Dislocations, And Performed Delicate Brain



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Surgery. They Also Brought Open Wounds Together With Sutures, Clamps, Or A Kind Of Adhesive Disorders. Dentists Knew How To Fill Teeth, Treat Gum Disorders, And Were Able To Restore Teeth With Bridges.

The Scribe **Imhotep** Son Of **Ptah** And **Khredu'ankh** Was A Master Healer In Ancient Kemet (Egypt). Under The Supervision Of The High Priest **Zoser** Son Of **Nima'athafiy** And **Khasikhimuwi**. The Medical Oath. Commonly Called The Oath Of Hypocrites, Taken By Physicians Today, Is Actuality Taken In Imhotep's Name. He Was Known To The Ancient Greeks As **Aesculapius**. And Lived Some 2,000 Years Before The Birth Of Hypocrites, The So-Called Father Of Medicine. Ancient Egyptian Medicine Is The Basis Of The Western Medicine You Know Of Today.



Figure 78  
Kha'sikhimuwi Father  
Of Zoser



Figure 79  
Nima'athafiy Mother  
Zoser



Figure 80  
Zoser Son Of  
Kha'sikhimuwi And  
Nima'athafiy



Figure 81  
Ptah Father Of Imhotep



Figure 82  
Khredu'ankh Mother Of  
Imhotep

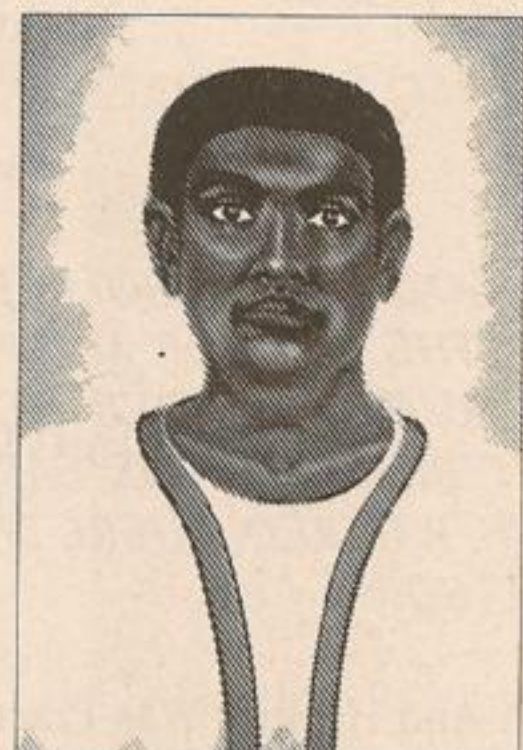


Figure 83  
Imhotep Son Of  
Ptah And Khredu'ankh



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**The Most High** Has Created You With The Ability To Restore Your Bodies To Their Original State Of Health, Even After You Have Abused It. The Human Body Has Amazing Healing Powers When Wounded Or Diseased. Even So-Called Modern Medical Science Cannot Match The Body's Ability To Heal. Physicians Can Give You Medicine (Antibiotics - Meaning "Against Life"), To Stop Infection, And You Get Better. Did The Physician Actually Heal You? The Answer Is **No**. The Antibiotics May Help Kill The Bacteria (Cause Of Infection), However Your Body Does The Actual Healing; By Isolating The Infection, Killing The Bacteria (Special Agents In The Blood Called White Blood Cells And Antibodies Attack The "Invaders"), And Removing The Debris From Your System. Meanwhile Body Temperature Rises, A Fever, Which Speeds Up Chemical Reactions Needed For Healing. You Lose Your Appetite, As Blood Is Shuttled Away From The Digestive System To More Important Areas. Medicine Alone Cannot Do All This. Or Suppose You Cut Yourself And Receive Stitches To Hold The Wound Together. Again, The Physician Helps, But Does Not Heal You. The Skin, Once Cut, Knits Itself Back Together By Way Of An Intricate Program Of Clotting Factors In The Blood, Finally Forming A Scab. There Are Also Many Diseases In Which The Body Works Against Itself (Destroys Itself), Called Auto Immune Disease. They Are The Result Of Stress, A Depressed State Of Mind, Improper Diet, And/Or Inherited From Defective Genes (For Example: Diabetes-Against The Pancreas, Rheumatoid Arthritis-Against The Joints, And Rheumatic Fever-Against The Heart). As In All Of Life You Must Overstand That Your Powers Can Be Channeled For Positive Or For Negative.

In The Old Scriptures Healing Was Accomplished By The Use Of Medicines, And By What You Call "Miracles". The Great Teachers Knew How To Use Their Powers Within, Bestowed Upon Them By Way Of Yahuwa. References To Miracles Performed By Yashua, Healing The Crippled, Blind, Sick, And Dumb, Are Well Known. (*Matthew 15:30-31*). **Elisha** Son Of **Shaphat**, Was A Disciple Of **Elijah The Tishbite**, And Received A Portion Of **Elijah's** Powers When **Elijah** Was Taken Up. In One Instance He Healed **Naaman**, Captain Of The Army Of Syria Who Had Leprosy. **Elisha** Told Him To Dip Himself Into The River Jordan Seven Times And He Was Healed. (*2 Kings 5:14*). At Another Time **Elisha** Revived A Child After The Child Had Died (*2 Kings 4:32-34*).



**Figure 84**  
**Elijah The Tishbite**



**Figure 85**  
**Elisha Servant Of**  
**Elijah**



**Figure 86**  
**Naaman Captain Of**  
**The Army Of Syria**



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You, As Children Of The **Eloheem** Must Keep Yourselves Healthy By Living The Way Of **Nuwaubu** Meant For You As Guardians Of This Planet Earth.

**Ques: What Types Of Herbs Are Best For Healing?**

**Ans:** There Are Many Examples Of Healing, Health, And Medicine. (*Exodus 15:25-26*). Many Herbs Are Mentioned, Such As Aloes, Balm, Henna, Coriander, And Rue. Any Medicines That You Need Can Be Found In Herbs And Other Natural Substances. Herbs Are Used To Purify The Blood (Burdock Root, Red Clover), Fight Infection (Garlic, Echinacea, Golden Seal), Stimulate Circulation (Cayenne, Garlic), And Clear Skin Disorders (Calendula, Comfrey, Aloe Vera, Oregon Grape), To Name A Few.



**Figure 87**  
**The Garlic Plant**

Honey Is A Natural Healing Agent, Ridding The Body Of Impurities. It Can Be Taken Alone Or As A Beverage Mixed In Water. It Has Many References In The Scriptures. (*Proverbs 24:13, Isaiah 7:15*).

### **Health And Relaxation**

**Ques: What Are The Basic Aspects Of Living Healthy?**

**Ans:** Proper Exercise, Proper Breathing, Proper Relaxation, Proper Diet, And Positive Thinking Are The Requisite Attendant That Lead To A Healthy, Dynamic, And Effective Existence. Proper Relaxation Is Needed To Maintain Mental, Spiritual, And Physical Health. Many Think That Relaxation Involves Leaving Home For Some Exotic Place Where The Mind And Body Are Ceaselessly Pumped With Stimulants And Depressants And A Full Range Of Other Damaging Delights.

True Relaxation Comes From Removing The Stimuli Visual, Edible And Otherwise, And Tuning Into The Inner Awareness. Listening To Soothing Music Also Relaxes You, It Is Best Not To Listen To Loud, Fast Music When Relaxing. Loud Music, And Noise From Trains In The Subways, Gas Fumes From Buses And Cars Are Very Intoxicating. Loud Sudden Noises As From Sirens, Jet Take Off, And Gun Shots Startle And Frighten You. All Of Which Distracts The Mind From The Remembrance Of **The Most High**.

Music Is A Very Powerful Force. Musical Notes Are Sound Waves That Set Up Specific Vibrations Within The Ear, Which In Turn Sends Electrical Messages To The Brain, Stimulating Thoughts And Emotions. There Are Notes In Music That Can Make You Happy Or Sad. Heavy



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Metal And Rock Music Create Unnatural, Loud, High Pitched Noises (As Made By Electric Guitars And Synthesizers). They Destroy The Hearing And Have An Extremely Negative Effect On A Portion Of Our Brain Called The Cerebral Cortex. The Cerebral Cortex Controls The Sympathetic Nervous System. Its Function Is To Activate And Accelerate Major Organ Systems (The Brain Works Faster, Heart Beat And Respiration Speed Up, Etc.), Preparing The Body To React To Any Situation, As In An Emergency, The Body Is Ready To "Fight Or Flee". This Music Keeps One In A "Hyped Up", Irritated State.

This Programmed Music Stimulates Certain Physiological And Psychological Responses, Affecting Our Thoughts And Mood. Beware; Repeated Exposure To This Kind Of Music Over Stimulates The Brain, And Will Destroy Brain Tissue.

You Live In An Electronic Environment, The Use Of Electrical Current Increases Almost Daily. You Take It For Granted That You Have The Convenience Of Cassette Players, Household Appliances, Microwave Ovens, Personal Computers, And Antennas Or Outside Power Lines. However, Be Aware That All Of Them Create Unseen Electrical Forces Which Constantly Surrounds You, Called "Extremely Low-Frequency Electromagnetic Fields", Created When An Electrical Current Passes Through A Wire. Constant Exposure To These Electromagnetic Fields (As Most Of You Are), Can Cause Brain And Other Types Of Cancers, Sterility, As Well As Other Effects. Do Not Spend Long Periods Of Time Around Areas With A Lot Of Electricity Flowing. Don't Sleep With Your Head Near Electric Clocks Etc. Become Less Dependent On Electricity. The Following Is A Chart Ranking The Worst Sources Of These Electromagnetic Field Hazards, Taken From **Time Magazine**. Published **December 24,1990 A.D.**

Contributing To The Hazards Of Electromagnetic Fields (Electricity), Is Ionizing Radiation. Our Sun Gives Off Radiant Energy In The Form Of Visible Light, Invisible Heat (Infra-Red), Ultra Violet Rays, X-Rays, And Gamma Rays. This Radiation Travels In Waves And Is Absorbed By The Human Body. The Sun Is Moving Closer To Our Planet Earth, As A Result Its Radiation (Energy) Is Getting Stronger, With Increasingly Harmful Effects. Gamma Rays Cause Head Aches And Eye Aches (Typically In The Inner Corners Of The Eye).

Ultra Violet (U.V.) Radiation Causes Skin Cancer, Especially In Caucasians, Who Lack The Protection Of Melanin (Skin Pigment) That Nubians Have. However, Don't Fool Yourself Because Nubians Have Heat Strokes Also. Although It Is Not As Many Nubians Having Heat Strokes It Does Happen. Heat Strokes Occur When All Of The Body's Normal Responses To Heat Are Exacerbated: Fatigue, Dehydration, Heat Cramps, Heat Exhaustion, And Heat Stroke All Come About More Quickly. The Body's Temperature Control System--Sweating, Breaks Down. You Stop Sweating And Your Body Temperature Rises To A Point Where Your Vital Organs Stop Functioning.

X-Rays, Especially In Its Concentrated Form As Used In Medical Practice, Increases Our Risk Of Developing Cancer And Leukemia (Even Dental X-Rays). Their Effects Are Cumulative, The More Your Exposure, The Worse Your Chances, So Don't Take Unnecessary X-Rays. It Is Better To Live In Rural Type Areas Where Harmful Energies Like Ionizing Radiation, Microwaves, Electricity, Nuclear Power Plants, Radio And Television Broadcasting, And Radar, Are Less Concentrated, Rather Than In The Cities.



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Like Any Piece Of Sturdy Machinery, The **Enosite's** Physical And Mental Bodies Can Take Quite A Bit Of Abuse Before Giving Any Signs Of Protest. Unfortunately, In Western Thinking It Has Become A Practice To Ignore The Basic Rules Of Health, And To Think That A Pill Here Or There Which Relieves Symptoms Will Actually Bring About Well-Being, Quite The Opposite Is True.

Pain In The Body Is A Warning, Like A Red Light On The Instrument Panel Of A Car. Taking This Or That Compound Of Chemicals To Remove The Symptoms Is The Same As Taking A Hammer And Breaking The Red Light. It Does Nothing To Solve The Problem, And In Fact May Make It Worse, While Only Giving The Appearance Of Helping.

Many Chemicals Ingested Are Not Useful To The Body, And Cannot Be Eliminated, And Are Therefore Merely Stored. The Medicines Accumulate, Along With The Food Additives That Are Eaten In Such Abundance, On The Average Of Twenty Five Pounds Per Person, Per Year. And They Combine With Each Other To Literally Poison The System.

The Effects May Not Be Felt For Many Years. This Does Not Mean, That There Is No Need For Modern Medicine, But Often Doctors Are Considered To Have Some Form Of Absolute Knowledge. Too Often, Frequent Visits To The Local **Gp**, **General Practitioners Specialist**, Or Psychologist Are Substituted For Living A Healthy Life. Most Of The Diseases Of The Mind And Body Can Be Eliminated By Following The Five Basic Points.

**A-Proper Exercise**  
**B-Proper Brething**  
**C-Proper Relaxation**

**D-Proper Diet**  
**E-Positive Thinking-Prayer And**  
**Meditation.**

**Getting The Proper Rest**

The Proper Amount Of Rest Is Also Important. When The Body Has Not Received The Appropriate Rest It Needs, It Does Not Function Properly And You May Feel Sluggish And Weary. However, Too Much Rest Tends To Make The Eyes Puffy, And The Body Lazy And Inactive. Four Hours Of Sleep Is Sufficient. Anything More Than Eight Is Not Good For Your Health. When Going To Bed Keep The Window Cracked At Least 1 Inch To Allow For Fresh Air To Circulate, Even In Cold Weather. Breathing Stale Air Makes You Groggy, And You Don't Get A Good Sleep. Wear Loose, Comfortable Clothing And Sleep On A Firm Supportive Mattress.

**Mental Functions**

***"The Best Exercise For Your Body Is To Work Your Mind."***  
**From The Sayings Of Dr. Malachi Z. York**

***"The Worst Exercise Is Jumping To Conclusions"***  
**Another Saying Of Dr. Malachi Z. York**



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No Matter What Your Age Is, Keep Your Mind Sharp And Young. Enhance Your Memory, Thought Processes, And Concentration By Doing Things Like Studying, Reading, Writing, Playing Games Like Chess, Or Working Crossword Puzzles. Stimulate Your Mind With New Experiences And Interactions With Others. Always Be Eager To Learn Something New And Your Mind Will Remain Active.

**Attitude**

Positive Attitude Keeps Mind And Body In Balance. Positive Thoughts, A Pleasant Outlook, And A Relaxed State Of Mind Heals And Nourishes Your Whole Being, Allowing The Proper Flow Of Vital Energy Throughout Your Body. On The Other Hand, Negative Emotions, Extreme Stress And Frustration Causes Nervous Exhaustion (Enervates Or Weakens You), And Inevitably Will Make You Ill. Keep A Good Sense Of Humor And A Positive Outlook On Life To Maintain Good Health.

**Proverbs 17:22**

**Modern Hebrew Script**

לב שמח ייטב גהה ורוץ נכאה תיבש-גהם:

*A SAW-MAY'-AKH (JOYFUL) LABE (HEART) DOETH YAW-TAB' (GOOD) LIKE A GAY-HAW' (HEALING): BUT A NAW-KAY' (BROKEN) ROO'-AKH (SOUL) YAW-BASHE' (DRIETH) THE GHEH'-REM (BONES).*

**A Joyful Heart Does Good Like A Healing But A Broken Soul Dries The Bones.**

**Right Translation In Aramic Hebrew By:**

**Dr. Malachi Z. York**

**Mistranslation For King James 1611 A.D.**

*"MERRY HEART DOETH GOOD LIKE A MEDICINE: BUT A BROKEN SPIRIT DRIETH THE BONES."*

Keep A Good, Pleasant, Nurturing Vibe Around Children Also. Your Emotional State, The Tone Of Your Voice, And The Way In Which You Touch Them Is Very Important. Their Brains Work Like Little Computers Absorbing Everything That Goes On Around Them. Even Though They Don't Appear To Adults, To Be Aware, They Are Very Much Aware. The Youngest Of Babies Register All Sights, Sounds, And The Vibe Of People Around Them. Energy Is Projected Through Negative Thoughts And Emotions, Which They Can Feel And Absorb, Sometimes Causing Them To Become Sick Or Have Emotional Problems (So-Called Bad Behavior). This Is Their Way Of Expressing How They Feel. Of Course All Of You Are Susceptible To This, Children Are Just More Sensitive And Less Able To Block It Out. Adults Must Ensure That The Children's Environment Is Safe, Happy, And Full Of Love.



**Malachi 4:4**

**Modern Hebrew Script**

וְעֶרְבָה לַיהוָה מִנְחַת יְהוּדָה וִירוּשָׁלַם כִּימֵי עוֹלָם וּכְשָׁנִים קְדָמָנִיּוֹת:

**ZAW-KAR (REMEMBER) THE TO-RAW (LAW OF THE TORAH) OF MO-SHEH (MOSES) MY EH-BED (MALE SLAVE), ASH-ER (WHICH) I SAW-WAW (COMMANDED) UNTO HIM IN KHO-RABE (DESERT) FOR KOLE (ALL) YIS-RAW-ALE (ISRAEL), WITH THE KHOQE (STATUTES) AND MISH-FAWT (JUDGMENTS).**

**Remember The Torah Of Moses My Slave, Which I Commanded Him In The Desert For All Israel, With The Statutes And Judgments.**

**Right Translation In Aramic (Hebrew) By:**

**Dr. Malachi Z. York**

**Mistranslation For King James 1611 A.D.**

**"THEN SHALL THE OFFERING OF JUDAH AND JERUSALEM BE PLEASANT UNTO THE LORD, AS IN THE DAYS OF OLD, AND AS IN FORMER YEARS."**

A Good Positive Attitude Has A Lot To Do With How You Carry Yourself, And How You Present Yourself To Others. You Should Treat Others The Same Way You Would Like For Others To Treat You. When You Keep Yourself In A Positive Vibe, You Nourish Your Spirit, Which Guards Your Soul. However, If You're Always Miserable And Angry, Or Upset, You Are Poisoning Your Soul. Remember, The Way You Present Yourself To Others, Is The Way Others Are Going To Treat You.

**Posture**

Posture Is Another Way For People To Identify Your Personality. Because Usually If A Person Has Bad Posture They're Automatically Thought Of As Being Either Lazy, Nonchalant, Complex (Low Self Esteem) Or Having Back Problems. And All These Attributes Are Negative Therefore No One Wants To Be Identified With Any Of These Names. Having A Good Posture Tells People That You Are Confident About Yourself, You Care About Your Appearance And Sometimes Depending On The Person, You Are Not Passive.

Whether Sitting Or Standing, Good Posture Involves Keeping The Spine Straight, The Stomach In, And The Shoulders Back. This Position Keeps The Spine In Proper Alignment, And Allows You To Breathe Properly.



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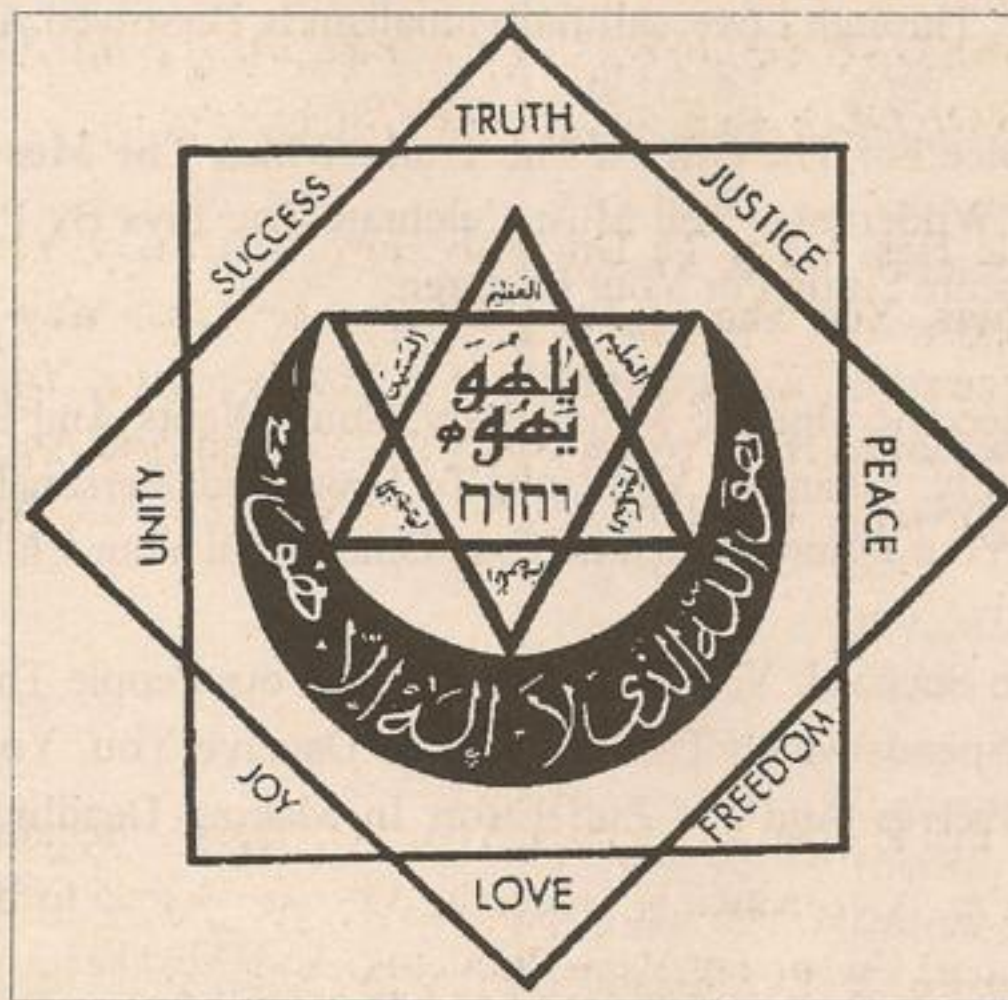
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Well Toned Abdominal And Back Muscles Are Also Very Important To Good Posture. Back Problems Can Come From The Hamstring Muscles (Muscles In The Back Of The Thigh), And Back Muscles That Are Too Tight; And Weak Abdominal Muscles. Slouching Leads To Back Pain, Neck Stiffness, Headaches And Reduces The Amount Of Air You Can Pump Into Your Lungs. Slouching Puts Your Back In A "C" Type Of Curve; This Posture Over Stretches The Lower Back Ligaments And Compresses The Nerves Passing Out Of The Spinal Column. Sitting And Standing Erect Maintains A Gentle "S" Curve Of The Spine To Support The Spinal Column.

**Self-Control**

Learn Self-Control, For It Is Through Self-Control That You Attain Peace Of Mind. Keep Your Passions, Desires And Jealousies Under Control. When The Passions Are Given Foreign (Allowed To Run Wild), Peace Of Mind And Contentment Of The Heart Does Not Exist.

**We Should All Thank The Most High For Our Health!!!**  
**WHAT ALL CHILDREN OF THE ELOHEEM MUST HAVE**



**Diagram 30**

(1) **Truth:** Firstly, A Child Of The **Eloheem** Must Know The Truth Of Yourselves: Your-Story, Language Culture And Your Relation To The Supreme. You Must Become Truthful When Dealing With Each Other.

(2) **Justice:** A Child Of The **Eloheem** Have To Learn To Assimilate To Distribute, And To Pass Judgment Justly And Impartially. You Have To Teach Your Children To Deal Justly In All



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Facets Of Their Lives When Dealing With Their Own For You Will Not Receive Just Treatment From Those Who Oppose And Refuse To Bow To The Supreme.

**(3) Peace:** If You Are To Change Your Condition (State Of Mind That You Are In) In Order To Live In Peace, You Have To Change The Way Your Children Are Programmed And What Is Being Programmed In Them. You Must Create Environments Suitable To Producing Peaceful People. You Must Learn To Live At Peace With Yourselves.

**(4) Freedom:** You Are By Nature Free People. You Can Imprison A Body, But Not A Mind. As Free Minds, You Must Begin To Think As Free People; And Your Minds Will Take Your Bodies Into Freedom. You Must Rear Your Children In Their Minds That They Are Not Slaves Seeking A Freedom That Is Naturally Born In Their Natures. A Prisoner Is Only Imprisoned In-As-Far As He Accepts This Punishment. You Do Not Seek Rights That Are Already Yours! You Are A Free People.

**(5) Love:** Love One Another As You Love Yourselves. Accept All Nubians As Your Family. Become Concerned With The Health, Welfare, And Environment Of Each Other, For You Are "Your Brother's Keeper". Through Love, All Individualism Is Dissolved And Ego Is Exhausted.

**(6) Joy:** You Must Rejoice For The Gift Of The Truth, Which **The Most High** Has Descended Upon You Here In The Wilderness. You Must Celebrate The Joys By Praise Of Your Creator, And Always Have A Sincere Smile For Your Brethren.

**(7) Unity:** You Must Become One In: Mind, Body, Soul, Wants And Pursuits And Learn To Live Together As A Family, Meaning, You Have To Drop Your Personal And Worldly Pursuits And Learn To Live For Your Future Which Is None Other Than Your Children.

**(8) Success:** In Order To Succeed, You Must Reinstill In Your People The Faith In Themselves, And That The Wicked Spends Much Time Trying To Deceive You. You Must Set Vivid, Not Vague, Goals For Yourselves And Put Full Effort In Making Deadlines, If You Are To Be Successful.

The Eight Pointed Star Is Symbolic Of The 144,000 From All Points Of The Planet Earth. It Is Our Compass. For A Better Overstanding Of The Eight Pointed Star, You Must Be Appointed In The **Ancient Mystic Order Of Melchizedek (A.M.O.M.)**.

***"The Middle Path"***



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Begin All Prayer And Thinking By Using  
El Kuluwm, THE ALL  
Prayer Of The Ansaars

Oh Heavenly One, The Most High,  
Who Is Sustainer Of All The Worlds, We  
Do Accept The Duty You Have Lain On  
Us; To Clean Up The Filth Made By The  
West And Its Nonsubmitting Fools. O My  
Sustainer We Beseech You, To Keep Your  
Hand Over Us, To Control The Strings Of  
The Courses Of Our Lives; Our Sustainer,  
And If We Do Wrong, Please Show Thy  
Divine Blessings And Forgiveness On Us,  
You Are The Only One That Can Raise  
Us True Followers Of The Newsbearers,  
And In Thy Name We Carry On.

An Anthem For All





# NUWAUBIAN A T I O N N U B I A N



For Too Long Now, We Have Looked For **Our Own Savior**, Our Personal Savior; One Of Us. And Now **Melchizedek As Dr. Malachi Z. York**, The Lamb Is With Us, With The **Right Knowledge, Wisdom And Overstanding**; Today A Living God In Person. He Is One Of The Ancient Ones, A **Moor** By Nationality, A Nubian By Nation, An **Anunnaqi** By Descendancy. This New Voice Is Strong. If You Think As **Sayyid Issa Al Haadi Al Mahdi** Was Strong, You Are In For A Surprise. Now You Have To Listen To **Amunnubi Rooakhptah**, Our Pharaoh Who Is Raising **Atlantis (Atland)** Out Of The Earth Right Before Our Eyes. This Eloheem Is All Powerful. He Told Us For Years That He Was Not A Prophet, Apostle, Or Jesus Christ And That One Day He Would Tell Us Who He Really Is. He Simply Called Himself **Al Khidr**, The Green One Known As **Melchizedek** Having All The Ancient Wisdom Needed To Give Us An Overstanding Of What We Must Do To Become Gods Again. He Said He Lived Throughout Time From Body To Body Incarnating And Is Here To Dispel **The Spell Of Kingu** (Leviathan) From Us. The **Ancient Moors**, The True Seed Of The Ancient Ones, **The Nuwaubians**.

**Dr. Malachi Z. York** Has Helped Many Human Beings Of All Races Only For Them To Turn Their Backs On Him For His Love. We Have Seen Him Heal The Sick With One Touch Of His Hand. He Would Tell Us Everything That Was Going To Happen And It Always Come True. He Is A Dark Little Man, Reddish Brown Skin Color, Eyes Like Flames Of Fire And Hair Like Lamb's Wool. He Is Here Right Now In Human Form. Don't Believe The Lies.

Come Experience Him For Yourself. He Is The Key To Unlock The Doors, Our Salvation. I Came Giving You What You Want So You Would Learn To Want What I Have To Give

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